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UNIVERSITY OF ILLINOIS  
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# Homemaking news

UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 2, 1950

## Farm and Home Week--Safe Homes Will Be Recognized

URBANA--Safe-Homes Awards will be presented to two Illinois counties during the 1950 Farm and Home Week.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, will give the awards to the two "safest home" counties in Illinois on Wednesday, February 8.

These two counties will receive awards on the basis of the largest percentage of enrolled families reporting no home accidents, and the lowest percentage of home accidents among total number of families enrolled.

The "Use of the Family Food Dollar" is another subject which will be discussed during Farm and Home Week. Professor Margaret Reid, University of Illinois economics department, will give facts about where that food money is going.

Homemakers will also learn how to save time and energy during Farm and Home Week. Dr. Elaine Knowles Weaver, associate professor in home management, Ohio State University, will speak on "Less Fatigue for Homemakers."

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12/27/49



# Home Week

ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 2, 1950

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in home management, Ohio State University, will speak on

"Signs for Homemakers."



Take Good Care of Your Fur Coat

URBANA--Choose the coolest closet in the house for your fur coat. And make sure the closet isn't crowded, says Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture.

Heat may dry out some of the oils of the leather, so avoid closets which have a radiator or steam pipe. Allow for breathing space too. If your fur coat is jammed between other clothes, the fur will mat or break.

Hang your fur coat on a wide, well constructed hanger which fits the shape of the neck and shoulders of the garment. Never hang it on a hook or peg. Before hanging, shake your coat to keep the fur fluffy and remove dust.

Unbutton your fur coat before you sit down; to loosen it up about the shoulder, give your shoulders a slight shrug. Lift the coat slightly from around your hips. This will prevent a strain on back seams. Don't remain seated for any length of time with your fur coat on; the fur will get crushed or matted.

Avoid sliding over car seats, because friction between the upholstery and coat will cause early deterioration of the pelt. Inspect your fur coat regularly for rips or tears, Miss Carl says. Leather may tear under strain or seams may open. Make repairs immediately, to prevent further tearing or ripping.

If your fur coat gets wet, hang it to dry in a cool room where air circulates freely. Never brush or comb the furs while wet.

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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 9, 1950

## How Do You Set a Table?

URBANA--Next time you're setting the table for your family meal--stop a minute to study yourself. Do you make the most of your motions? Or are you making four trips from the cabinet to the table when you could be making only one?

Analyze your work procedures, says Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture. That is the first part of developing a better way to do a job.

When removing dishes from the cabinet, do you use one hand when you could be using two? Do you make a separate trip with plates, saucers, and cups? Or do you use a tray to carry the dishes to the table?

In a time and motion study by Miss Sullivan and Miss Margaret Goodyear, instructors in home management, University of Illinois, it was found that, just through the use of a tray in setting a table, 7 1/2 miles were saved in one year. The table was six feet away from the cabinets and was set for two people.

When you place dishes on the table, do you use both hands whenever possible? Are dishes and silverware in a convenient location in relation to the table? Do you remove all staple foods from one cabinet location at one time, and carry them to the table at one time?

Mind your motions and movements as you do each household task, and you'll save many steps each day--perhaps miles in a year.

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Tips for That "After-Christmas" Sewing

URBANA--Fill the after-holiday quietness with the whirr of your sewing machine. It's time to make that yardgoods you received as a Christmas gift into a skirt for your daughter, a shirt for your grandson, or an apron to protect your Sunday dress.

Many patterns call for machine gathering. Here are some tips from Miss Doris Brockway, clothing specialist, University of Illinois College of Agriculture:

Fabric weight determines how long the stitch for gathering should be. When materials are fairly light in weight--such as ginghams or chambrays--use about nine stitches to the inch. Somewhat firmer or heavier fabrics--such as light-weight woolens--require not more than eight stitches to the inch.

The gathering stitch should be long enough to permit the gathers to be pulled up without breaking the thread, but not so long that the thread will be loose. It will be difficult to keep the gathers in place if threads are loose. Practice on a scrap of material to determine the maximum number of stitches you should use. Then set the stitch regulator on your machine for the proper length.

At least two and perhaps three rows of stitches will be needed. Place the first row of stitching exactly where the final seam stitching will fall. Hold the material so that the wrong side is down toward the feed of the machine; the right side will receive the top thread.

Place a second row of stitching one-fourth inch from the first row and toward the raw edge of the seam. If the gathering is



## Tips for That "After-Christmas" Sewing--add 1

to be quite full, a third row of stitching will be needed one-fourth inch on the other side of the seam. This makes it easier to control gathers when stitching the final seam.

Now you are ready to draw up the fullness. Hold all the under or bobbin threads at one end of the stitching lines together in your hand, and draw them up at the same time. Place a pin in the fabric at the spot from which the pulling is done, and wrap the threads around the pin. This holds gathering threads taut so that gathers may be distributed evenly.

After the final seam is stitched, the third line of gathering stitches (on the inside of the dress seam) may be removed unless it adds a decorative note which is appropriate.

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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 16, 1950

## Make Some Pressing Equipment at Home

Use these "slow-paced" January days to catch up on clothes care. One way is to make some equipment for pressing.

A large press pad which you can make at home is the tailor's ham. It is a pear-shaped pad which is used during pressing in order to shape certain parts of a garment to the curves of the body.

Miss Ritte Whitesel, clothing specialist, University of Illinois College of Agriculture, gives directions for making a tailor's ham. Length of the tailor's ham is 16 inches without seams; width in the widest section is 12 inches. Place two curved darts in the widest end of the ham. Allow 1/2 inch seam allowance.

Use heavy canvas or ticking for the cover, and fill it with sawdust, small pieces of cloth, or rags that are cut very fine. To make quick work of cutting the cloth scraps, put them through a meat or sausage grinder. This will cut the scraps very fine, and they will pack down more firmly.

Pack the pear-shaped form of canvas or ticking very solidly, regardless of the filling used. A firm, smooth surface on which to press is necessary for good work.





## Make Some Pressing Equipment at Home--add 1

To use the tailor's ham, place it on an ironing board or table. To press darts, place the garment right-side down with the dart or darts over a curve of the ham that most nearly resembles the part of the body which the dart is intended to fit. After pressing, the dart should fade or blend into the garment in an inconspicuous fashion.

Fitted seams such as those used in princess-lined garments should be pressed over the tailor's ham. An "eased-in" area such as that at the back shoulder seam or the top of plain sleeves should also be molded over the ham.

Be sure to lift the iron as you press. Pushing the iron is apt to stretch the fabric out of shape and put bulges where they are not intended. Also be sure to press with the grain of the fabric.

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Make Dishwashing a Speedy, Efficient Job

Does dishwashing seem like a dull chore that takes too much time and energy three times a day? If it does, think a moment about your work procedures. Perhaps you can arrange equipment to make dishwashing a speedy and efficient job.

By choosing suitable equipment and work space, and working with both hands instead of only one, you can keep your time and motions to a minimum, says Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

Study your dishwashing job. Ask yourself these questions: Do I have the equipment I need? Some of the items may be a rubber scraper, a dish drainer, and washing and rinsing pans. Is the equipment conveniently located in relation to the sink area? One change in equipment location saved an Illinois homemaker about 36 steps each day. She moved the soap flakes from the pantry to the cabinet below the sink.

Similarly for convenience, dish cloths and towels should be stored close to the sink. The dish cloths should be stored at the right of the dishwashing area, and towels at the left.

Arrange equipment so that the work progresses in a line without needless trips back and forth. If you are right-handed, the work should usually progress from right to left--from the stacked dishes, to the washing area, to the rinsing space, to a cabinet surface, and then to storage on the shelves.

However, if your equipment is arranged so that work must progress from left to right, it is possible to learn to develop a smooth left to right process. You can learn to hold the dish with the right hand and wash with the left. This avoids the longer reach necessary if you washed with the right and transferred the dish into the drainer with the left hand.





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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 23, 1950

## Homemakers' Questions Answered at Farm and Home Week

Have you wondered what qualities to look for when buying dinnerware? Or had a question about how to control household insects? Or wanted to know how to save time and energy while doing household tasks?

These are only a few of the questions which will be answered at Farm and Home Week at the University of Illinois February 6-9. The College of Agriculture's biggest event of the year features many well-known speakers on homemaking subjects.

Choosing dinnerware is an important job because it usually is a long-time investment. Ralph Cook, professor of ceramic engineering, University of Illinois, will tell you "What to Look for When Selecting Dinnerware." Professor Cook will speak Tuesday, February 7, at 1 p.m.

Answering your questions of the control of household insects will be H. B. Petty, extension specialist in entomology, University of Illinois. Petty is well known among Illinois farm folks for his extension work in the state since 1941. He will speak on the Homemakers' Program Thursday, February 9 at 9 a.m.

A home management specialist will come from Ohio State University to tell Illinois women about "Less Fatigue for the Homemaker." She is Elaine Knowles Weaver, associate professor in home management, and she will speak on the Homemakers' Program Thursday, February 9 at 10 a.m.

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Get Your Family Account Book

If you resolved to "do something" about your spending and saving during 1950, follow through by getting a family account book. Farm and town folks alike can use this book, published by the home economics department of the University of Illinois College of Agriculture.

"Record-keeping is a tool toward getting what you want from your money and other resources," says Mrs. Ruth Freeman, home accounts specialist of the home economics department. An average of 3,000 account books are sold each year in Illinois. After a year of account-keeping, a sample of records is summarized and returned to the family with an individual summary of the accounts, Mrs. Freeman added. Anyone who is interested in summarization should check with the home adviser.

Reasons for keeping account books are varied. One woman, a second generation account-keeper (her mother is keeping records for the 20th year), says, "How could anyone get along without keeping accounts? It would be impossible to figure income tax without it. There is never any question as to where the money goes when there is always a ready record.

Here is an example, Mrs. Freeman says, of how account-keeping can set an example for your children. The way young people manage money may depend on how their parents use money.

Another Illinois homemaker gave this reason for keeping family accounts: "Keeping home accounts helps me to know where I'm spending too much money. I know when my grocery list is too high. With a lower income, I can raise a larger garden or do a better job while shopping."

You can get a family account book from your home adviser or the home economics department of the University of Illinois College of Agriculture for 25¢.



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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 30, 1950

## Home Accidents--Highest Fatalities in 1949

URBANA--Home accidents caused the greatest number of deaths by accident during 1949. Thirty-three thousand people lost their lives in and about American homes, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

These figures are quoted from the December report of the Statistical Bureau of Metropolitan Life Insurance Company. Although the actual number of home accidents has declined by 2,000 since 1948, it still remains high in comparison with occupational and motor vehicle fatalities.

"Every homemaker should be concerned with such data. One of the most important jobs is to help make each home safe," Miss Ward says. Most accidents can be prevented--just by making simple repairs before accidents injure someone. Perhaps there is a loose board in the steps or the porch. Repair them now--not after an ankle is sprained or broken. Check stairs to see that they are free of toys or other articles. Look before you start up or downstairs, and be sure to grasp the hand railing.

Correct unsafe habits too. Take time--avoid hurry in working. Rest before you get too tired, Miss Ward says.

Prevent a fall by locking the kitchen door after washing the floor. Be sure the floor is thoroughly dry before anyone enters. Make your home safe during 1950.

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Dr. Janice M. Smith to Open Homemakers' Program

URBANA--A woman who was once a student and is now acting head of the department of home economics at the University of Illinois will open the Homemakers' Program at the College of Agriculture's Farm and Home Week. She is Dr. Janice M. Smith, and she will speak Monday, February 6, at 1 p.m. on "Home Economics at the University of Illinois."

Dr. Smith, a native of Illinois and a graduate of the University, has been acting head of home economics since September 1, 1949. She has been director of the foods and nutrition work since 1944, and for a year before her appointment she was responsible for all home economics research and graduate teaching.

Pennsylvania State College claimed Dr. Smith as associate professor of home economics research after she received her doctorate in biochemistry at the University of Illinois. There she directed research on the nutritional status of different population groups.

In 1943 Dr. Smith was appointed nutritionist for the Civilian Food Requirements Branch of the War Food Administration. The next year she returned to the University as professor of nutrition and director of nutrition work in the department of home economics. Immediately she established the diet house, the only one of its kind in any land-grant college, and one of the few in the United States.

In addition to doing research work and teaching, Dr. Smith has taken an active part in developing nutrition work throughout the state. She is directly responsible for the Nutrition Workshop which has been held at the University for the past two summers and is sponsored jointly by the State Nutrition Committee and the University of Illinois College of Agriculture.



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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 6, 1950

## Petty Speaks on Household Insect Control--Farm, Home Week

A University of Illinois entomologist told Farm and Home Week folks to become thoroughly familiar with insecticides and their contents in order to control household insects effectively.

Howard B. Petty, extension entomologist with the College of Agriculture and the Illinois Natural History Survey, spoke on the Homemakers' Program at 9 a.m. Thursday.

"Check the label on an insecticide for the active ingredient," Petty said. The percentage of the control ingredient varies considerably. You must know the amount of the active ingredient in order to control the particular pest in your home. Homemakers need to know, too, just what developments have been made in insecticides so that they can choose the best for their particular problem.

Petty, a native of Carroll county, discussed control of flies, termites, roaches, ants, clothes moths, and silverfish during his talk to Illinois homemakers.

A University of Illinois graduate, Petty worked with the U. S. Bureau of Entomology and Plant Quarantine for two summers. He was a special research assistant in the Illinois Agricultural Experiment station for two years while working on projects supported by trust funds established by cooperating commercial concerns.

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Slip Cover Your Furniture During February

February is a good time to take care of those "around-the-house" jobs that can't be fitted into busy schedules later. Slip covering is just such a job to do now.

When selecting the material for slip covers, you should consider the size of the room, the size of the piece of furniture to be covered, and the size, color, and pattern of other furnishings in the room, says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

If the room is large, a pattern of a bold nature may be used. A small room calls for a fabric which is plain, but interesting in weave, or a design which is small in scale. Decide whether you want the slip-covered furniture to harmonize or contrast with other room furnishings. Patterned materials contrast interestingly with plain walls or floor coverings.

Your budget and time will determine whether you buy a washable fabric or one which should be dry-cleaned. Use preshrunk fabrics, or shrink washable ones before cutting them.

Be sure to buy additional material for extra pieces, Miss Iwig says. You'll need the material for armrests and headrests. If you buy a large-patterned fabric, you must allow enough material for matching. If the fabric has an up and down, again you need to buy extra material.

Check your supply of material at home. You may have some plain and patterned material you could use in an interesting combination. Or you may need to buy all new fabric.



## Slip Cover Your Furniture During February--add 1

Your budget will determine whether you buy the slip covers, have them custom-made, or make them yourself. Whatever you choose, plan the selection of fabric carefully.

Write for the bulletin, "How to Make Slip Covers," University of Illinois home economics extension--if you plan to make them yourself.

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## Cleaning Shades and Venetian Blinds

Get cleaning equipment for your venetian blinds. A little brush which will clean both sides of a slat at a time is good. You may wish to use a venetian blind cleaner rather than water in cleaning them.

To clean nonwashable shades, use wallpaper cleaner on both sides of the shade. Shades can be repainted, reminds Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

For painting, lay the shade flat. Use a water base paint instead of an oil base, for an oil base paint may be too heavy and the shade will not roll easily.

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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 13, 1950

## Wash That Fabric Lamp Shade

URBANA--Don't be afraid to wash that fabric lamp shade if the shade is sewed--not glued--to the frame.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says to dust the lamp shade first with a soft-bristled brush. Be sure to get the dust out of all the pleats, loops and trimmings. Then place the shade in mild soap suds in your bathtub. Brush the shade with the soft-bristled brush. Wash the lining too.

Careful rinsing is important, Miss Iwig says, in order to avoid stains. Rinse several times, using water of the same temperature for rinsing as you did for washing.

Set the shade on a bath towel after it is rinsed, and let it drain. Do not rub it, cautions Miss Iwig. Rubbing may cause rub marks, or you may get the fabric out of shape.

To clean parchmentized shades, dust them, using a cleansing tissue or soft cloth. Wring a sponge dry, and wipe the shade with a circular motion. Rinse the sponge, and wipe again.

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Type of Utensil Does Not Affect Vegetable Cookery Results

URBANA--Good methods of handling and cooking vegetables are more important than the utensil you use, says Miss Winona Brower, of the foods research laboratory, University of Illinois College of Agriculture.

"When you hear someone quoting figures from research proving that a particular type of utensil is far superior to any other, you may be sure that the figures have been selected to prove the point," Miss Brower says. Some research proves that it makes no difference whether the utensil is aluminum, glass, enamel, or stainless steel.

Any utensil that enables you to accomplish the following principles should give you good results in vegetable cookery, except perhaps with green and sulfur-containing vegetables. (You may prefer to cook these in an open utensil with more water.)

These principles are: Use as small an amount of water as possible in cooking. Cook as quickly as possible. Cook only until just done; don't overcook.

A saucepan with a tight-fitting cover is necessary to meet these principles. With a tight-fitting cover, you can use a smaller amount of water and cook the vegetables in steam. Experiments have shown that the amount of water used in cooking vegetables affects the amount of water-soluble vitamins dissolved out. So if you use just enough water to keep the vegetable from burning, there shouldn't be more than a few spoonfuls of juice left. You can use these in sauces, gravies, etc.

For cooking green vegetables like asparagus and broccoli, and for cooking sulfur-containing vegetables such as cabbage, onions, and cauliflower, some specialists recommend that you leave the lid off. You'll need to increase the amount of water to cover the vegetable, since you are no longer cooking in steam.





for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 20, 1950

## A Tasty Sauce--For Fish or Seafood

URBANA--Baked fish steaks are extraspecial when topped with hot tartar sauce. There is choice aplenty at fish counters--both fresh and frozen--and the sauce is quick to make.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says the trick in preparing the sauce is to check both cooking time and cooking temperature. The sauce should not be allowed to reach the boiling point after the mayonnaise is added. Too high temperatures or heating too long will cause the mixture to separate.

The recipe makes about one cup of sauce. Seasonings and condiments are proportioned to suit average tastes. Adjust them according to family preferences.

### HOT TARTAR SAUCE

1 tablespoon butter  
1 tablespoon flour  
1/4 teaspoon salt  
1/2 cup milk

1/2 tablespoon each capers,  
olives, pickles, and  
parsley, finely chopped  
1 teaspoon lemon juice  
4 tablespoons mayonnaise

Melt butter, blend in flour and salt, and add milk gradually, stirring the mixture as you add it. Blend in chopped capers, olives, pickles, parsley and lemon juice. Add the mayonnaise and heat, but DO NOT ALLOW TO REACH THE BOILING POINT. Serve hot.



Garden Planning--With a Purpose

URBANA--Armchair gardeners are swinging into action. The problem at the moment is what to plant and how much.

Family nutritional needs are of first importance, says Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. There is no substitute for minerals, vitamins, and other nutrients which fresh vegetables supply, and a well-planned garden is good health insurance.

Consider family tastes and preferences along with nutritional needs. Allow for generous amounts of tomatoes, leafy vegetables, green and yellow vegetables, and potatoes. If you have a record of amounts consumed this past year, use it as your guide and adjust figures to meet changing needs.

If you have no record to guide you, then try this rule of thumb. Estimate the amount of the vegetables used per week, and multiply the amount by fifty-two for the yearly family requirement. Step up the figure by one-fourth or slightly more to take care of guest servings and to allow a safe margin in case crop production is poor.

Time your planting so that you'll have a variety of vegetables throughout the growing season. Select varieties in keeping with the method of preservation you plan to use. Some varieties are superior for freezing, others for canning.

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# homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 27, 1950

## Change Bedmaking Into Quick, Easy Job

Does bedmaking take too much of your time and energy each day? To determine the best method of making beds, study your procedures--maybe you can improve on them.

Eliminate unnecessary movements, steps, and wasted time in as many parts of the job as you can, says Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture. Three steps you follow in making beds--and doing other household tasks--are: Getting ready for the job, doing the job, and the clean-up after the job.

When thinking of step- and energy-savers, consider the best place to keep clean sheets and pillowcases. Perhaps you can store them in a closet or drawer in the bedroom or as close to the bedroom as possible. Before you make the bed, place a bench or stand nearby to hold the blankets or pillows. You might use the vanity bench or a nearby chair. This eliminates unnecessary bending.

Now study yourself as you are actually doing the job. Eliminate unnecessary steps around the bed. Try the hospital method of bedmaking. In this method, you make the bed completely at one corner--tucking in the bottom sheet, top sheet, blanket, and bedspread--before moving to another corner. Lessen the required time by using fewer motions, or more effective motions, or both.

Clearing away after bedmaking involves taking the soiled sheets to the laundry room or placing them in the hamper. Do this with as few steps and motions as possible. For example, you can eliminate stooping to pick up the soiled linen by placing them on a chair or bench.

Remember, it takes time to perfect a new method of bedmaking. But once you do it, you can cut your time and motions to a minimum.



"Dress Up" Pies, Tarts With Meringues

Use that plentiful egg supply to advantage by making soft meringues to "dress up" custards, puddings, pies, or tarts. The secrets of a successful soft meringue are in the beating, the addition of sugar, and the baking, says Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

Separate eggs carefully, because any yolk left in the whites will prevent them from foaming when beaten. Beat egg whites until they are stiff and have a moist and shiny appearance. Overbeating makes a watery meringue.

Select a very fine sugar for a meringue. You may use sifted granulated or confectioners' sugar. Fineness of sugar and sufficient sifting are necessary for a quality product.

Add the sugar gradually to the egg whites by beating in a small amount at a time, Miss Acker says. Or you may fold the sugar into beaten egg whites.

The amount of sugar added to each egg white will determine the tenderness of the meringue. Soft meringues usually require two tablespoons of sugar to each white. Measure carefully. If too much sugar is used, the meringue will be sugary and stick to the knife when cut; if too small an amount is used, the meringue will be tough.

If you wish, you may add the sugar to the egg whites before heating. The resulting texture is fine, and the meringue will hold up for a longer time. However, the volume is smaller.





## "Dress Up" Pies, Tarts With Meringues--add 1

An oven temperature of 375° F. is right for soft meringues. If the oven is too hot, meringues will toughen and shrink. If not hot enough, they dry and shrink.

### SOFT MERINGUES

2 egg whites	1/4 teaspoon vanilla
1/8 teaspoon salt	1/2 teaspoon lemon juice,
2-4 tablespoons sugar	if desired

1. Beat egg whites with salt.
  2. Add sugar gradually during last half of the beating. Continue beating until stiff.
  3. Flavor. Spread on food.
  4. Bake in a moderate oven, 375° F., until risen and browned, about 10 minutes.
- Yield--meringue for one large pie or two small ones

### Variations:

1. Sprinkle coconut, chopped nut meats or spices such as nutmeg or cinnamon over meringue before baking.
2. Top dish of soft custard with small baked peak meringues, placed in circle. Fill center with fruit.
3. Spread top of baked bread pudding with strawberry jam, top with meringue. Bake.

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### Check Your Home for Safety

Is your home "fall-free"? Over 60 percent of all home deaths are due to falls alone, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

Check the ladders for safety. Are the steps old and badly worn? If they are, get a new steel or aluminum ladder--it is a cheap safety investment.

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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 6, 1950

## Use Aluminum Foil on Broiler Pan

If you avoid using the broiler on your stove because it is too hard to clean, here's a tip from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Use aluminum foil or parchment on the bottom of your broiling pan. You can whisk it off in a second--and save cleaning time.

Another suggestion for ease in cleaning is to soak the broiler pan in hot water as soon as you finish with it. And when it is cleaned, don't put it back in the oven until you're going to use it because bits of food and grease will drop on it. And the oven may smoke when you use it again.

If yours is an electric range, leave the oven door partly open while broiling to get variations in broiling temperature, to keep the heating unit on, and to prevent possible smoking. Or to vary the temperature you can place the broiler pan at different distances from the heating element. With a gas stove, regulate the height of the flame.

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Plentiful Carrots--for Weary Food Budget

Use plentiful carrots often in your March meals. If prepared correctly, they add color, flavor, and nutritive value. And you can serve them in a variety of ways too.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, says correct storage, proper cooking, and use of the cooking juices are steps to follow to be sure you get all the nutritive value.

Carrots are an excellent source of vitamin A. If you eat them raw, they contribute some vitamin C also.

As soon as you get the carrots home from market, wash them and store in a cool place. For proper cooking, use little water. Start in boiling salted water in a pan which has a tightly fitting cover. Do not overcook; cook until just tender. Vegetables have more eye appeal and flavor if cooked only to the tender stage.

In deciding how much to cook, try not to overestimate the amount your family will eat at one meal. A fresh supply cooked for each meal means less loss of nutritive value.

Use any juice from cooked vegetables in soup or sauces to save vitamins or minerals which may have dissolved in the water, says Miss Armstrong.

To make panned carrots, slice thin, rinse, and pour off the water. Place in a frying pan with a little fat. Cover and cook slowly until tender. Season with salt and pepper.

For extra flavor you may add onion if you wish. It may be a small amount of minced onion or a larger amount--according to your family's tastes. Apples and carrots are a favorite combination. Add the apples when carrots are half done. Sprinkle with salt and sugar, and brown well.

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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 13, 1950

## Dry Feathers Thoroughly After Washing

Choose a sunny and windy day to wash pillows. And after washing, be sure to spread the feathers in a thin layer so that they will dry quickly, says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

To wash pillows, first place the feathers in a closely woven bag which is large enough to prevent the feathers from packing. Tie the top of the bag securely. Wash in a tub of warm soapy water, gently dipping the bag up and down. Rinse in clear, warm water until the soap is removed.

Distribute the feathers from one pillow in several bags. Place the bags on a screen which is up on braces. Spread the bags on the screen, turning occasionally. The screen permits circulation and faster drying.

If you wish, you may dry the feathers indoors, using an electric fan. Don't hang the bag of feathers for drying. Feathers mildew and mold if they are packed tightly after washing, Miss Iwig says.

Remember that commercial companies wash feathers too. If your time is limited, you may want to send the feathers to them.

COC:lw  
3-7-50

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Broil Fish for Lenten Meals

Broil a fish steak or fillet for dinner tonight. It is one of the quickest and easiest ways to prepare fish.

Steaks are cross-section slices of the larger sizes of dressed fish. Fillets are the meaty sides of the fish, cut lengthwise away from the backbone. Both require little preparation for cooking.

Select a fat type of fish for broiling, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. Remember that moderate heat is the answer to a juicy and tasty fish which is thoroughly broiled.

Smelt and whitefish are two fat fish varieties which are in good supply right now. Remember to brush fish with butter, oil, melted fat, or French dressing before and during broiling.

To prepare fish for broiling, remove it from the refrigerator about 10 to 20 minutes before cooking time. Wipe it with a damp cloth, and sprinkle salt on both sides.

When ready to place the fish in the broiler, brush it with melted fat. Place the steak or fillet under the broiler so that the top is about three inches from the source of heat. Broil about 15 minutes. Remove the broiled fish carefully to a hot platter. Season, and pour drippings from the pan over the fish. Serve with slices of lemon, and garnish with parsley.

If possible, for broiling use a dish from which the fish may also be served.

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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 20, 1950

## Help Your Child Make Decisions

URBANA--Teach your child to make choices and decisions. You can help by making your choices first, bringing the number your child must decide on down to two. Do this when he is just beginning to make decisions.

For example, suggest to your child that he may decide which suit or sweater to wear. You should decide first which two are suitable for the occasion or activity, and then let him choose between them. A child becomes confused when he has to choose between too many items. Later, as he grows older and more experienced at decision-making, he will be able to choose between more objects more easily.

These suggestions were made by Miss Alberta Reitze, child development specialist, University of Illinois College of Agriculture. "Be sure to choose two suitable items, so either way you won't have to say 'no,'" Miss Reitze says.

When your child is old enough to choose his clothing, accompany him to the store and let him make his own decisions. You can help by going downtown alone before the shopping trip to see what is available. Decide what store you will go to when your child is with you, and perhaps choose two items which are suitable. Then let your child decide between the two.





Is Your Cleaning Equipment Clean?

URBANA--Check your cleaning equipment to see that it's in good condition for spring housecleaning. This "before-the-job" step will give quicker, more efficient results when you do your housecleaning.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, said today to make sure your cleaning equipment is clean. Check your brooms, brushes, dust cloths, and mops.

To clean a broom, wash it in warm, soapy water, rinse well, and shake briskly. Hang it by the handle high enough to keep the straws from resting on the floor. Do not place the broom in the hot sun to dry, or in freezing temperature, because fibers will be weakened. Treat brushes similarly, washing in warm, soapy water and then rinsing and shaking briskly. Hang them up to dry at room temperature.

The type of cleaner you use to remove paint from brushes depends on the kind of paint used. For some kinds of paint, use turpentine. For flat finish paint, use kerosene oil, sometimes called coal oil. For others, use raw linseed oil.

To remove varnish, use turpentine; for shellac, use denatured alcohol; for calcimine or whitewash, use water. After the paint is removed, wash the brush in warm, soapy water and dry on a flat surface. Wrap it in paper and store until use.

COC:lw  
3-15-50

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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 27, 1950

## Clean Your Electric Range Often

URBANA--A good rule to follow in cleaning your electric range is "Turn the switch off first and wait until the stove cools," says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

To clean your range thoroughly, turn off the switch, and when the stove is cool, wash with a cloth wrung out of warm, soapy water. For stubborn spots, use a finely powdered cleaner such as whiting, on the enamel finish. Use only a small amount, rub lightly, then rinse and dry the surface. Oven racks and drip pans may be washed in hot, soapy water. Rub lightly with a fine steel wool to remove stains; then rinse and dry. Caution: Never use a coarse, gritty scouring powder on any enameled part of a stove, as it may injure the surface glaze.

Keep the pans beneath the surface units clean. If they are removable, lift them out and wash like any cooking utensil. If you can't take them out, wipe with a damp cloth and dry.

Clean the drip trays frequently, since spilled foods may mar the finish and rust the trays. Follow the manufacturer's directions for cleaning the oven units.





Adjust Your Sewing Machine to Stitch Both Ways

URBANA--Any sewing machine can be adjusted to sew backward and forward even if it does not have a mechanical control for this purpose, says Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. You move the cloth with your hands if the machine does not have a lever to change the stitch direction.

Use this technique to darn or reinforce washcloths, bath towels, children's clothes or any badly torn or worn fabric where it is not necessary for the mend to be invisible.

A few simple adjustments will prepare your sewing machine to sew backward. First, shorten the stitch to the shortest point. The feed dog will then have such a short movement backward that it will hardly move the cloth.

Next release pressure on the presser bar slightly by turning the screw to the left a few times. Place the material you're going to sew in a frame or embroidery hoop to hold it taut. Set the hoop under the needle so that the wrong side of the cloth in the hoop touches the machine table. This means that you will look at the right side of the mend as you work. Let the presser foot down and sew. Move the hoop slowly back and forth, or from side to side. The length of the stitch depends on how fast you move the hoop.

With the machine adjusted in the same way, and using a darning foot attachment, you can mark your linens with your name or initials. Trace your signature or a pattern of your initials on the material with tracing paper. Set the work in the hoop as described above and sew. Make the needle follow the marked design by moving the hoop with your hands.



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# homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 3, 1950

## Allow for Growth in Children's Clothes

URBANA--When you're planning your child's summer wardrobe, be sure to allow for growth and comfort in each garment. This is especially important in play clothes, such as overalls or slacks.

This suggestion was made by Miss Dorothy Durrell, clothing specialist, University of Illinois College of Agriculture. Choose a pattern which is correct in size, and make growth adjustments from it. Garments too large may be hazardous for your child.

To allow for height growth in slacks or overalls, add two inches or more to the bottom of the legs and also to the shoulder straps. Machine-stitch the hems on the trouser legs to make them secure and keep them from ripping out while dressing or undressing.

Place several buttons or grippers on straps, and space them correctly so that changes in fasteners will not be necessary. To minimize the annoyance of slipping straps, sew the play togs with a built-up back, such as in men's overalls.

Allow for growth in the crotch measurement. Add one inch at the lowest part of the crotch seam--where the crotch seam joins the inside leg seam. This increase should be tapered off to nothing at the waist band.

Much of your child's play-time is spent stooping or kneeling. To give plenty of stooping room, tuck in the sides of the seat of the overalls and across the top of the waist band. Knit cuffs on pants legs will allow stooping room and yet keep the bottom of the legs snug enough to avoid accidents.





Hot Cross Buns--Ready "Quick as a Wink"

URBANA--You can prepare hot cross buns now, so that they'll be ready to pop into the oven on Easter morning.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says the buns are baked at a low temperature, so they'll only need a few minutes' browning for Easter breakfast.

To do this, let the dough rise about 35 minutes, or until it's only three-fourths as light as usual. Bake the buns at 275° F. for 40 minutes. Cool for about 20 minutes, wrap in waxed paper, and store in the refrigerator or bread box. They will keep about a week in the bread box and two weeks in the refrigerator.

For serving, just brown the buns for 7 to 10 minutes at 450° F. If desired, frost the crosses with a thin powdered sugar frosting.

HOT CROSS BUNS  
(Yield: 3 dozen)

2 packages yeast, compressed or dry	2 eggs, beaten
1/4 cup lukewarm water	1 cup currants
1 cup milk	1 teaspoon cinnamon
1/4 cup melted shortening	1/4 teaspoon allspice
1/2 cup sugar	5 cups sifted enriched flour
1 teaspoon salt	

1. Soften yeast in lukewarm water.
2. Scald milk. Add shortening, sugar, and salt. Cool to lukewarm. Add flour to make a thick batter.
3. Add yeast and eggs. Beat well.



Hot cross buns - 2

4. Add currants, spices, and enough flour to make a soft dough. Turn out on lightly floured board and knead until satiny. Place in greased bowl.

5. Cover and let rise about 35 minutes.

6. When light, shape into small buns and place on a greased baking sheet.

7. Let rise until the dough is one and one-half times the original size. With knife or scissors, cut a small cross in the top of each bun.

8. Bake in a 275° F. oven for 40 minutes. Cool, wrap and store.

9. For serving, brown in a 450° F. oven for 7-10 minutes.

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Housecleaning Time calls for special home safety measures.

Test the rungs of your ladder before you begin your spring jobs. Replace broken rungs with sound new ones. If you use a ladder to do repair jobs on the house, be sure it has a firm footing and is placed at the proper angle.

Don't clutter stairs or passageways with boxes, paper, or other items. Keep them clear for good vision.

Remember that fatigue is a factor in accidents. Don't try to do too much in one day. By breaking the job up and doing a reasonable amount each day, you may save yourself several days in the hospital.

COC:lw  
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# homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 10, 1950

## Senior Hospitality Day Set for April 15

URBANA--The first annual Senior Hospitality Day sponsored by the department of home economics, University of Illinois, will be held in Urbana, Saturday, April 15. Invitations have been sent to high schools within a 50-mile radius of the University and in Champaign-Urbana.

Planned by the newly formed student council under the guidance of the home economics faculty, Hospitality Day is designed to introduce senior girls to the campus and work in home economics.

The student council, organized in January, consists of seven members--a representative from each organized home economics club on campus. Their first project is the program for Hospitality Day. The council acts as a spokesman for students enrolled in home economics.

Members of the student council are Marilyn Roush, Manito; Louise Hodam, Bement; Patricia Shelden, Rockford; Constance Walker, Canton; Rosemary Archibald, Joliet; Barbara Murphy, Carthage; and Marian Ryan, Chicago.

Plans are to make Senior Hospitality Day an annual affair, and eventually a larger number of schools will be invited.

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Before You Start to Can

URBANA--Check your pressure canner now so that you can make all necessary repairs or replacements before canning time.

This advice comes from Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture. Be sure the pressure gage and safety valve work freely and are not corroded or rusted.

Check the openings to the petcock, safety valve, and pressure gage for cleanliness. If these openings are clogged, three things may happen during canning: The safety valve may fail to work when the pressure becomes too high, dial or slide pressure gages may not register correct pressures, or all air may not be driven out in 10 minutes.

To clean the petcock or safety valve openings, draw a string or narrow strip of cloth through them frequently. Never use sharp tools that may nick or damage openings.

If the canner has a rubber gasket, keep it clean and free from grease. If the gasket is worn and does not give a perfect seal, you may need to order a new one from the manufacturer of your canner. Some types of rubber gaskets may be turned upside down when they no longer give a perfect seal in the original position.

Clean the edges of the kettle and cover. Dried food, dirt, or scale formed by hard water on either edge may prevent a tight seal and allow steam to escape.

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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 17, 1950

## Cleaners You Can Make at Home

URBANA--You may cut housecleaning expenses by making some cleaners at home.

There is a wall-cleaning solution which cleans painted and enameled walls efficiently, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. And you can also make a cleaner for your kitchen cabinets and woodwork.

To make one gallon of wall-cleaner, dissolve one-third tablespoon of trisodium phosphate and one-half tablespoon of washing soda (sodium carbonate) in one gallon of hot water. Add to this solution one tablespoon of soap flakes and stir until thoroughly dissolved.

When the solution is lukewarm, apply it to the soiled wall with a sponge or soft cloth wrung out of the solution, using a circular motion. Rinse the wall immediately with a second sponge or cloth wrung out of clear lukewarm soft water.

The cleaner for your kitchen cabinets or woodwork is a kerosene emulsion which cleans and also polishes painted, enameled, and varnished wood surfaces. Use it for quick and frequent cleaning.

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KEROSENE EMULSION

1 quart hot water (120 to 130 F.)	3 to 4 ounces beeswax
1 teaspoon trisodium phosphate	OR (1/2 beeswax and 1/2 paraffin wax)
	2/3 cup kerosene

Dissolve the trisodium phosphate in the hot water. (When soft water is used, use only 1/2 teaspoon trisodium phosphate.) Melt the wax in an aluminum utensil, remove from the stove, and add kerosene. While rapidly stirring this melted wax and kerosene solution, slowly add the hot water solution.

With a soft cloth, apply a small amount of the solution to the soiled woodwork. Rub dry, using a clean soft cloth. If the emulsion has separated while standing, shake before using.

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Myra Robinson Speaks at Regional Nutrition Conference

URBANA--"Nutritional information should be presented in a simple form so that the busy farm homemaker can utilize it quickly and easily." So said Miss Myra Robinson, immediate past president of the Illinois Home Bureau Federation Tuesday at the regional meeting of nutritionists and state leaders of home economics extension at Allerton Park near Monticello, Illinois.

Miss Robinson, in her talk "A Farm Woman Looks at the Nutrition Project," said that simplification and dramatization were two techniques which nutritionists should use to get more information to everyone. Miss Robinson resides in Kansas, Edgar county.

Representatives of the 12 central states met April 10-12 to discuss recent nutritional research findings, the relation of extension in nutrition to other nutritional programs, the evaluation of nutritional projects, and a present status survey.

Miss Robinson said that the increasing importance of freezers has had an influence on improving nutrition. Specialists should help women learn to freeze a wider range of food for nutritional value. Food competition for the consumers' dollar is so great that other family necessities may come out of the food allotment. Farm people, Miss Robinson said, may become more dependent on home-grown foods, especially as income decreases. She also emphasized the importance of pasteurization of milk.

Other speakers during the three-day conference were Director M. L. Wilson, Extension Service, United States Department of Agriculture; Dr. Otto A. Bessey, head, University of Illinois College of Medicine; and representatives from the regional states.



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for weeklies

# homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 24, 1950

## Easy Finishes for Sleeveless Blouses or Dresses

URBANA--Sleeveless blouses or dresses are high style in the summer fashion picture. Special advantages of this treatment are cool comfort and freedom of action.

Another possible advantage is ease in pressing or ironing--which results from a flat finish without cuffs. Miss Mary Jane Rice, clothing specialist, University of Illinois College of Agriculture, suggests several ways to get a flat finish:

You can add a simple inch-wide fitted facing of self material. Face it to the right side of the garment, and stitch it down very close to the folded edge of the facing. You may add several rows of machine stitching for accent.

Another way to finish a sleeveless dress or blouse is to use a contrasting fabric to face the armhole on the outside of the garment. Make the facing one or two inches wide. Cut it of a stripe or plaid that blends with the color in the main part of the garment. For added accent, repeat this stripe or plaid on a pocket flap, Miss Rice suggests.

You may use a fitted facing with scallops right side up or reversed to points, or other simple shapes. One caution--remember to put fitted facings on exactly the same grain as that of the portion to be faced.





National Home Demonstration Week--April 30--May 6

URBANA--Today's Home Builds Tomorrow's World is the theme of National Home Demonstration Week April 30 to May 6.

Illinois homemakers and home advisers, part of the three million women in the United States who are now participating in the home demonstration program, will be recognized at that time for their achievements.

The home economics extension program planned by these homemakers features good home management, nutrition, food production and preservation, use of equipment, home furnishings, family relations, clothing the family, consumer buying, home accounts, community activities, and many other interests of rural and urban families.

Tailoring was one part of the clothing project in Illinois home economics extension work during 1949. Twenty-four home advisers attended a one-week tailoring short course at the University of Illinois. Each home adviser made a suit or coat. Returning to their counties, the home advisers helped the women make tailored garments. In most cases the home advisers worked directly with the women, personally supervising the making of the tailored garments. In some cases the advisers trained local leaders who made a suit or coat. Then in turn, these leaders helped women in their own community.

Results of this tailoring project were far-reaching. Each woman enrolled in the project made a suit or coat. After this lesson, women tailored more children's garments. Women in some counties presented style shows to display their accomplishments in tailoring. Local stores sometimes cooperated by loaning equipment and assisting in staging the style show.

Another tailoring short course for home advisers will be held at the University of Illinois this June.





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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 1, 1950

## Introducing a New Food to Your Child--Here's How

URBANA--If you want to introduce a new food to your child--successfully--here is a tip from Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture:

Serve the new food in a small quantity with a food the child likes. Don't use more than one new food at any meal, Miss Acker says. Within a few days, serve the same food again, gradually increasing the portion slightly until the food is accepted.

If no one in the family makes a fuss over the new food or your child's willingness or nonwillingness to accept it, he probably will "take" to it quickly.

Another way you can make your child's meal more appealing and easy to eat is to serve finger foods--strips of raw vegetables, toast, or liver. Certain cooked vegetables and fruits should be cut into bite-sized pieces. Unless meat has been ground or minced before cooking, be sure to cut it into small pieces which the child can handle easily and chew well.

COC:lw  
4-25-50

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Check Your Pressure Canner--for a Perfect Seal

URBANA--Get your pressure canner ready for the busy canning season which is just around the corner.

Check your pressure canner carefully to see that it doesn't leak steam, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. If yours is the kind with a rubber gasket, and it doesn't give a perfect seal, you can order a new gasket from a hardware store or the manufacturer of the canner. Some types of rubber gaskets may be turned upside down when they no longer give a perfect seal in the original position.

If your pressure canner is the type without a rubber gasket (a metal to metal seal), you may need to regrind the metal surfaces if the canner leaks steam.

Use a valve-grinding compound which you can buy at an auto supply store. Mix it with water and rub on the sealing surfaces of the canner and the lid. Turn and regrind all around the closing surfaces.

Be sure to fasten the lugs up out of the way while regrinding. To be sure the canner doesn't leak steam, check the seal again after the regrinding job is finished.

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for weeklies

# homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 8, 1950

## Nutrition Workshop Scheduled for June 19-23, Urbana

URBANA--The third annual nutrition workshop, sponsored jointly by the Illinois State Nutrition Committee and the College of Agriculture, will be held on the University of Illinois campus June 19 to 23.

Theme of the workshop is "Group Work in Improving Community Nutrition." Mrs. Elizabeth Caso, Harvard University School of Public Health, Boston, Mass., director of the 1949 nutrition workshop, will again act as coordinator.

Reports of recent research, reviews of recent publications, and a discussion of techniques used in presenting nutrition information are on the program for the five-day conference. Plans are being made for workshop sessions and individual work and study.

Miss Grace Armstrong, home economics extension specialist, University of Illinois College of Agriculture, is chairman of the planning committee. A quota of 30 people has been set owing to limitations of facilities and the nature of the program. Invitations have been sent to members of the Illinois State Nutrition Committee.

After May 10, registration will be opened to others interested in community nutrition problems.

For more information, write Miss Grace Armstrong, 206 Bevier Hall, University of Illinois, Urbana.

COC:lw  
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### Freezing Strawberries--Here's How

URBANA--The strawberry season is here again. Prepare some berries for your home freezer so that you can enjoy their tastiness after the season is over.

Select firm, ripe strawberries for freezing. For top-quality frozen strawberries, pick them at the stage when they are best for eating, says Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture.

When freezing strawberries, remember the food preservation slogan--"quick from garden to home freezer." Fruit ripened on the tree, bush or plant, and prepared immediately for freezing is usually better than fruit picked at a less mature stage and subjected to delays between harvesting and freezing, Dr. Van Duyne says.

Wash the strawberries in clean, cold water. Discard all material that is injured, bruised, or otherwise not up to standard. Hull the berries. You can freeze them whole or sliced, as you prefer, but the flavor of frozen sliced berries is usually better than that of whole berries.

To freeze whole strawberries, pack in a freezer carton and cover immediately with 40 percent sugar solution (1 cup sugar to 1 1/4 cup water). To freeze sliced berries, prepare them in the same way as whole berries; then slice. Mix thoroughly 1 cup sugar with 5 cups sliced fruit. Put the fruit in the package, and seal immediately.

Be sure to leave space at the top of the package if you are covering the strawberries with sirup or if they are mixed with sugar. Leave 1/4 inch space for a pint container; 1/2 inch for a quart container. This allows room for the contents to expand during freezing.

Put the cartons of strawberries in the freezer without delay. For rapid freezing, place boxes against walls of the freezing compartment, allowing space for air to circulate between packages. When frozen, store at 0° F. or lower.





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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 15, 1950

## How to Blanch Vegetables for Freezing

URBANA--Have you wondered why vegetables must be blanched before freezing? Here are the whys and hows of blanching from Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture:

Blanching or scalding is a process of heating vegetables in boiling water or steam for a few minutes. It is necessary in order to retain the greatest amounts of color, flavor, texture, and nutritive value in the vegetable after freezing. Blanching decreases the action of the enzymes, wilts the vegetable so that more of it can be packed into a container, and removes some of the bacteria.

To blanch in boiling water, weigh a small quantity of the vegetable in a wire basket or sieve. Lower into a kettle of boiling water, and hold it there for the required time. Count the time from the moment the vegetable is put into the water, says Dr. Van Duyne. During blanching keep the cover on the kettle and the heat turned on under the kettle.

When the vegetable has been in the water the required time, lift the basket or sieve out of the water and plunge it and its contents into a large container of cold water. Have the container under the cold water faucet so that you can cool the vegetable quickly in running water.

If you do not have cold running water, use several containers. When the water gets slightly warm in one container, put the vegetable into the next one. Drain the vegetable thoroughly and pack it just as soon as it is cool.





Length of Stitch Important for Machine Basting

URBANA--Machine basting can save you much time and energy while you're doing your summer sewing. It also helps to avoid that homemade look which may come from too much handling.

Miss Doris Brockway, clothing specialist, University of Illinois College of Agriculture, says that certain precautions are necessary for basting with the sewing machine.

Before you place the pattern on the fabric for cutting, be sure to fit the pattern carefully. Then you won't have to do much fitting after basting. Stay-stitch all seams that may stretch out of shape, such as side, neckline, shoulder seams, etc. Stay-stitching (or staylining) is a line of machine stitching made on or just inside the seam line of curved or bias edges to prevent stretching. After this process, you are ready to machine baste the important seams for a fitting.

Length of stitch is important in machine basting. The stitch must be long enough to pull out easily. Set the machine regulator at about 10 stitches to the inch, or longer, depending on the weight of the fabric. The heavier the material, the longer the stitch should be.

Test the length of the stitch on a double thickness of the material you are sewing. You may need to loosen the upper tension slightly. The bobbin thread should lie fairly straight along the underside of the material, while the upper thread loops through the double thickness of the seam. When removing the basting thread, pull only the bobbin thread. If the upper thread is also pulled, the stitch will lock.

One precaution about machine basting: Check your material to be sure it is a fabric that will not be damaged by a stitching line, for if alteration is necessary after the first basting, you don't want the needle holes to remain in the fabric.



for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 22, 1950

## Safety Tips for Canning Time

URBANA--Make your food preservation season a safe one. Take precautions to help prevent accidents, even though you are extra-busy with your canning job.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, said today you must be especially careful when you're using a pressure canner. Always let the pressure down to zero before you release the cover. An Illinois homemaker suffered severe burns because in a hurry, she opened the cover before the pressure was down.

Open the petcock to let out any remaining steam after the pressure is down. Then loosen the cover and take it off. Remember to turn the lid away from you as you remove it, to direct the steam away from your face.

Use care in removing very hot jars and cans, Miss Ward says. Some jars containing hot water seem to break easily, resulting in bad burns or cuts. Keep pot holders handy and use them frequently.

Be sure to read and follow manufacturer's directions in operating and caring for your pressure canner. The manufacturer knows and gives safe directions for using his product.

Store the direction booklet in a convenient place for quick reference when needed. Some accidents occur because the direction booklet cannot be found when it is needed.





Freeze Baked Beans--for Summer Picnics

URBANA--You can freeze a baked bean dish and have it "ready and waiting" for those frequent summer picnics.

To serve, all you have to do is place the frozen beans in the top of a double boiler and heat for about 45 minutes. Or partly defrost the beans at room temperature for about two hours, and then heat in a saucepan with a little water, if necessary. You can tuck the beans in the car and head for the picnic. They will defrost on the way.

Mrs. Royene F. Owen, foods research laboratory, University of Illinois College of Agriculture, says that quick cooling (after cooking) is important when freezing combination dishes. Place the cooking pan in a large pan of ice water or cold running water and stir occasionally.

BAKED BEANS WITH TOMATO SAUCE  
(2 pints)

2 cups navy beans	1 1/2 tablespoons vinegar
3 ounces salt pork, sliced	1 1/2 teaspoons salt
4 slices onion	1/2 teaspoon dry mustard
1 1/4 cup tomato puree	1/2 cup boiling water
1/4 cup molasses	Dash of cayenne pepper
1/3 cup brown sugar	

Pick over beans and wash. Cover with hot water and let stand for 5 minutes. Drain, cover with cold water, and soak overnight. Drain, add fresh water, and cook slowly until skins break.

Place a slice of salt pork in bottom of baking dish, and arrange the onion slices over it. Combine the other ingredients and mix well. Place beans in baking dish and cover with tomato mixture. Add more water if necessary to cover the beans. Lay slices of salt pork over top.

Cover and bake for 5 hours in a slow oven (300° F.).

Cool quickly to room temperature. Remove salt pork and onion, and put beans in container (salt pork is taken out because it tends to become rancid). Freeze immediately.

For more information, write for "Freezing Cooked and Prepared Foods," Circular 618, University of Illinois, Urbana.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 29, 1950

## Choose Top-Quality Food for Freezing

URBANA--When selecting fruits or vegetables for freezing, choose top-quality food which is at the best stage for eating.

So says Dr. Frances O. Van Duyne, foods and nutrition research specialist, University of Illinois College of Agriculture, in the circular, "How to Prepare Fruits and Vegetables for Freezing."

Top quality means the fruit or vegetable is free from bruises or disease, is a variety that is suitable for freezing, and is mature, but neither under- nor over-ripe. Also choose fruits or vegetables that have been grown under favorable conditions.

Fresh fruits and vegetables should be top quality, because freezing doesn't add anything to the original qualities. So if you want a tasty nutritive product after freezing, start with highest quality food. And, too, undesirable characteristics are likely to be magnified during freezing. Seeds in berries and woodiness in asparagus and green beans are more noticeable after freezing and storage than before.

Freezing food which is at the best stage for eating determines the quality of the frozen product. Avoid overmature or starchy corn and peas. Select young and tender snap beans which have been picked before the pods have grown to more than two-thirds full size.

You can get Circular 602, "How to Prepare Fruits and Vegetables for Freezing," by writing the University of Illinois College of Agriculture, Urbana, Illinois.

COC:lw  
5-23-50

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Make Tasty, Attractive Salads--Here's How

URBANA--Prepare some crisp, cool salads for your spring meals.

Certain techniques in choosing ingredients, as well as in preparation and serving, are necessary to turn out a tasty and attractive salad, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Choose ingredients with an eye to color, texture and flavor. Be sure the salad-makings are fresh and crisp. Cut the ingredients into a variety of sizes and shapes. The pieces should be small enough to make them easy to eat, but not so small that the salad is mushy.

Drain greens well after you rinse and wash them. Too much remaining moisture will thin the dressing and give a "soupy" salad.

Proper tossing--not mixing--is important for both taste and appearance. Many women don't know how to mix a salad, Miss Cook says. They stir it as they do a cake. A salad should be tossed lightly with two forks or a fork and spoon.

Don't add salt or dressing until you are ready to serve the salad. Salt and vinegar draw out the liquid from foods, reminds Miss Cook, and the result may be a wilted salad.

Attractive arrangement on the plate is another technique to make a salad appealing and tasty looking. If greens are served under the salad, be sure they are placed on the plate so that they do not hang over the edge. Don't overload individual salad plates. And choose a suitable bowl or plate for serving, such as a wooden bowl or pottery plates for a main dish salad and dainty glass or china plates for fruit salads.

Keep the salad crisp and cool from preparation time until serving time. Chilled plates or a chilled bowl is one way to do it.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 5, 1950

## Prevent Overtiredness During the Summer

URBANA--Take steps to prevent overstimulation and overtiredness for your youngsters during the summer months.

That's the advice from Miss Margueritte Briggs, child development specialist, University of Illinois College of Agriculture. During the summer vacation, there are many new things for children to do. Too much excitement or activity during the hot summer may cause your child to become overtired.

"A child never realizes when he is tired and needs rest or a nap," Miss Briggs says. For that reason many times we aren't aware of his fatigue.

Often, too, during the summer, the family's eating habits aren't so sound and regular as usual. Your children should get wholesome and balanced meals in the summer as well as in the winter.

Provide a rest period for your children every day. Usually the hot afternoons are good for quiet activities plus "rest" time.

Avoid irregular hours for your children. Often a holiday or visit may cut into the sleeping time. Try to set a regular time for the bedtime hour and daily rest periods.

Also, avoid exciting evening games or motion pictures that may overstimulate your children. For the evenings plan activities that are more quiet and relaxing.



Is Your Child Drinking Enough Milk?

URBANA--If your child has been getting milk under the school lunch program, better make sure he gets as much as he needs when school is out.

This reminder comes today from Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture.

Children participating in the Illinois school lunch program during 1949 numbered 462,627. Milk was probably included in each lunch program. Now that your child eats all his meals at home, be sure he gets between 3 and 4 glasses of milk--or the equivalent--each day. That is the amount recommended by the United States Department of Agriculture's Bureau of Human Nutrition and Home Economics.

Your youngster needn't drink milk "as is" each day. Other dairy products, such as butter, cheese, cottage cheese, ice cream, or cream count as part of the recommended milk intake.

Vegetables cooked in milk, cream soups, souffles, custards, and puddings are ways to include "invisible" milk in the diet.

Milk drinks may be a way to increase your child's intake of milk during the summer. Fruit-flavored milk drinks--strawberry, raspberry, grape, pineapple--will probably be favorites with your youngsters.

For a pineapple drink, add two tablespoons of concentrated pineapple sirup and one tablespoon of sugar to one cup of milk. To make a strawberry or raspberry drink, squeeze the juice from sweetened fresh or frozen pack berries. Add 1 cup of juice to 1 quart of milk. Serve cold.

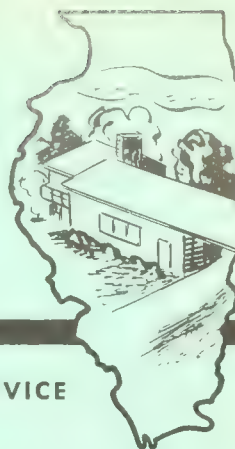
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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 12, 1950

## Help Your Children Choose Summer Activities

URBANA--If your child frequently asks you this summer, "Now what can I do?" here are suggestions from Miss Margueritte Briggs, child development specialist, University of Illinois College of Agriculture.

Suggest new and different things for the child to do. Direct his attention to something in nature or things he can make with his hands. Children are constantly searching for something new to do; new experience is one of the fundamental drives of a human being.

Young children like to imitate the action of adults. They like to play house under the shade trees or in a corner of the yard. Playing house lends itself to a variety of experiences.

All children like to be outdoors. A dishpan of water on a grassy spot under a tree is much more exciting than playing with water in the bathroom. A shallow pan of water suggests many possible activities. They can wash doll clothes or play with spools, pieces of wood, or toys that float.

If you spend a great deal of time in the garden, why not provide a small corner for the children to garden? Be sure they have their own tools. While you're busy hoeing or weeding, your "little helpers" will be imitating you.

Boxes or small ladders for climbing are good possibilities too. When a child is about 1 1/2 to 2 years old, he instinctively likes to climb and crawl. But provide a safe place, or he may get hurt while climbing. Barrels (with both ends out) or sturdy boxes make good climbing equipment.



Freeze Strawberries--Have "Fresh" Preserves All Year

URBANA--You can have a supply of "fresh" strawberry preserves all year long. Just freeze the berries as they ripen and make the preserves as you want them.

This suggestion was made today by Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture.

Freeze the berries whole, keeping a record of the amount of sugar used. Then, when you want to make the frozen berries into preserves, add the rest of the sugar and cook quickly.

This technique makes "extragood" preserves because the sugar almost completely penetrates the berries while they are frozen. The quality of the preserves is superior because you have "fresh" preserves all the time, and the color is good too.

On each freezing carton write the date and amount of sugar added. Then you'll know exactly how much sugar to add to make the berries into preserves.

Use equal amounts of strawberries and sugar by weight. Boil the mixture rapidly until the syrup falls off the spoon in thick heavy drops. Time will be about 10-15 minutes if you're boiling a quart of berries in a rather shallow pan with wide top and flat bottom.

When cooking is complete, cool the preserves rapidly in the pan, using ice water. Let them stand several hours before putting into sterilized containers. Stir occasionally. Cover with hot paraffin immediately after filling the container.



for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 19, 1950

## Choose "Easy-to-Sew, Care-for" Fabrics for Summer

URBANA--Prepare for a summer free of clothes-care worries. Choose fabrics that are easy to sew and take care of during busy summer days.

That's the advice of Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

If you're not an experienced seamstress, select some of the firmer cottons and rougher textured rayons. Leave voiles, sheers, and the smoother rayons until later, when you are sure of your skill. Firm cottons, such as muslin, percale, gingham, pique, broadcloth, and denim, are much easier to cut and sew. They "stay put" on the cutting table and on the sewing machine.

Choose a fabric that feels firm when you pull it on the bias. Bias edges stretch easily even if the fabric is quite firm. But if the fabric is the "stretchy" kind, it will go completely out of control in inexperienced hands. An added advantage of a firm fabric is that the garment will not sag or stretch out of shape.

To avoid matching problems, choose plain colors or prints that have an all-over design.

To avoid wrinkling problems, select crease-resistant finishes or prints. Wrinkles show less on prints than on plain colors, and therefore less frequent pressing is needed.



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Use the Pressure Canner for Preserving Peas

URBANA--Tasty peas will soon be ready for canning. Because peas are a low-acid food, you must use a pressure cooker to get safe results.

Select young tender, freshly picked peas for canning, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture. Wash pods, and shell only enough peas to fill containers to be processed at one time. Wash them after shelling.

Cover with boiling water and bring to the boiling point. Pack into pint jars or No. 2 cans. This method of heating before processing reduces the possibility of spoilage. Also, more food can be packed into the container because shrinkage takes place before the food is packed. And most important, the heat penetrates more quickly to the center of the container.

To each pint of peas, add 1/2 teaspoon salt and 1/2 teaspoon sugar if desired. Cover with fresh boiling water, and process at 10 pounds' pressure. Time for pint jars is 45 minutes; for No. 2 cans, 40 minutes.

Count the processing time from the time the desired pressure or temperature is reached. Keep the pressure as uniform as possible, because uneven pressure may cause underprocessing and may force some of the liquid out of the jars.

If the lid is not the type that should be tightened before processing, seal it as soon as the jar is removed from the cooker. Don't try to tighten again later, as this is likely to break the seal. Plunge tin cans into cold water. A better texture is obtained in this way because it stops the cooking.

CHICAGO, ILL., MAY 15, 1934  
Vol. 42, No. 20

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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 26, 1950

## Flower Arrangements Need Simple Containers

URBANA--Choose simple, unadorned containers for flower arrangements. You want the flowers--not the container--to be the main attraction.

Whether you choose a pottery, glass, or metal container, be sure that it stands firmly on its base, holds enough water, and has a mouth wide enough to hold flower stems without crowding.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says containers should harmonize with the flowers in texture, line, color, size and style.

Neutral colors are best for containers--white, gray, soft green, soft blue, brown or beige is good. Remember to choose a container that does not clash with the color of the flowers or the room furnishings.

A holder is usually needed to hold flowers firmly in place. There are many different types of holders on the market. One that is commonly used is the needle type, which you can buy at a florist shop or hardware store. Be sure to select one heavy enough to keep large flowers from tipping. The needles should be sharp and close together to make the flowers stand up well.

If you don't have a needle-type holder, you may use chicken wire--crumpled. Just force it into the vase and then put the stems of the flowers into the mesh.

If you want the bulletin, "Flower Arrangement," write the University of Illinois College of Agriculture, Urbana.





Prepare Tasty Peas for the Freezer

URBANA--Freeze sweet, tender peas that are at just the right stage for eating. And prepare them for the freezer as soon as possible after picking.

That's the advice from Dr. Frances O. Van Duyne, foods and nutrition research specialist, University of Illinois College of Agriculture.

Some varieties of peas freeze better than others. According to research at the University of Illinois home economics laboratory, Large Podded Little Marvel rates "very good" for freezing. Varieties that rate "high good" are Frostie and Little Marvel. Asgrow 40, Thomas Laxton Dark Podded, and Wyola rate "good."

Hull and wash the peas. Sort them by size, discarding those that are injured or bruised. Blanch (scald) one pound of peas in three quarts of boiling water for one minute. Just lower a wire basket or sieve containing the peas into a kettle of boiling water, and hold it there for the required time. Count the time from the moment they are in the water.

When the peas have been in the water the required time, lift the basket or sieve out of the water and plunge it and its contents into a large container of cold water. You may use running cold water or ice water.

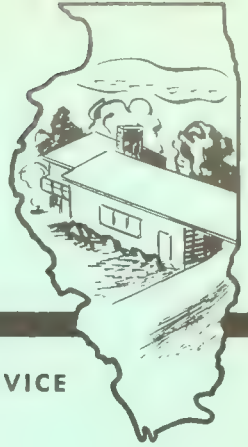
Drain the peas thoroughly and package them as soon as they are cooled. Remember to label each container with the name of the product and the date on which it was prepared for freezing. Put the package into the freezer without delay.

If you would like a copy of the circular, "How to Prepare Fruits and Vegetables for Freezing," write the Illinois College of Agriculture, Urbana. Ask for Circular 602.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 3, 1950

## Plan Your Fall Redecorating Now

URBANA--Redecorating takes long-time planning, says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

While you're relaxing on your porch or lawn this summer, it's a good time to think through your plans for redecorating.

First, take a long, honest look at the room you want to do over. Decide what actually needs to be done. If a new wall treatment is needed, ask yourself what type you want--paper, paint, or a combination of the two. Then decide whether you want a plain or patterned finish, and how bold you want the pattern. The amount of pattern to use will be determined by the pattern already in other parts of the room.

Next think about floor coverings. Do you want rugs or carpeting from wall to wall? What style and weave do you want; would cut or uncut pile serve your purpose best? Or do you plan to use a hard-surfaced material, such as linoleum, plastic, or asphalt tile? Again the pattern will be decided by the amount of pattern already in the room.

-more-



## Fall Redecorating - 2

Will you want new curtains or draperies? Analyze the windows so that you'll know whether to emphasize vertical or horizontal lines. If the windows are high, you'll want to use curtains or draperies with a horizontal treatment or pattern. Low windows usually need vertical emphasis.

After you decide what you want for your room, look around to see what is available. Check furniture stores, specialty shops, catalogs and magazines. Then follow through with your plans this fall.

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## How to Store Canned Food

Store canned food in a cool, dry place, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Warmth may cause canned food to lose quality. Hot pipes overhead or behind a wall sometimes make a shelf or closet too warm for storing food.

Freezing may crack a jar or break a seal and let in bacteria that will cause spoilage. If it does not damage the jar or seal, freezing will not make the food unsafe to eat but may cause undesirable changes in flavor and texture.

Dampness may corrode tin cans and metal lids of glass jars and eventually cause leakage.

COC:lw  
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Choose Firm Surface for Cutting Patterns

URBANA--When choosing a cutting surface for your home sewing job, select one that is firm and has plenty of room to spread out the fabric. Be sure, too, that there is a guide line on the cutting surface to help lay out the fabric "grain perfect."

These suggestions were made today by Miss Doris Brockway, clothing specialist, University of Illinois College of Agriculture. Few homes provide a good cutting surface, she said. Sometimes the only choices are the floor, the bed, or the kitchen table.

A bed does not fulfill the first requirement--firmness. It is impossible to keep the grain of the material "perfect" on a surface that moves every time a little pressure is applied.

A pile rug rates almost as low as a bed for cutting. As you lean on the fabric in cutting, it tends to "crawl" along on the pile of the rug.

If the floor is your choice, select a good, smooth, open space. Spread an old sheet down first unless you are sure the floor is spotlessly clean. Use the edge of the floor board as the guide in lining up the grain in the fabric.

If your kitchen table extends to two yards or more in length, it will serve your purpose. After you have pinned the pattern on as much of the fabric as you can spread on the table, fold the cloth back onto itself, being careful not to pull the grain out of line. This leaves the table free for the next section of fabric.

You can buy cutting boards at many notions counters. The cutting board opens up to a size large enough to make an efficient cutting surface and it can be folded and stored when not in use. Evenly spaced dots on the board make it easy to "line" up both the cross-wise and lengthwise grain of the material.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 10, 1950

## Make Biscuits at Your Picnic--Here's How

URBANA--Have you tried making biscuits out of doors? It's easy to do and lots of fun, and they make a tasty addition to your picnic lunch.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, suggests this recipe for dropped biscuits with several variations.

### DROPPED BISCUITS (Yield = 1 dozen)

2 cups flour, sifted  
4 teaspoons baking powder  
2/3 cup liquid (milk or water)

3/4 teaspoon salt  
1/3 cup fat

Measure and sift dry ingredients and work in shortening. Cover tightly in a glass jar. When ready to use, add liquid. Drop from a teaspoon into a skillet with enough fat to grease. Cover skillet and cook 10 to 15 minutes.

For twisters, mix the ingredients listed in the recipe, but do not add all of the liquid. Use just enough liquid to make a soft dough. Heat the end of a stick. Make dough into a ribbon and wrap around a stick. Bake over hot coals until brown.

To make Pigs in Blanket, pierce a weiner lengthwise with a stick, and roast over coals to a savory brown. Wrap weiner with twister dough and brown over coals. Keep rotating the stick to bake evenly.





Use Fine Needle, Long Stitch for Sewing Plastics

URBANA--Sewing plastic fabrics is easy--if you keep a few of their characteristics in mind.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, advises using a fine needle and a long machine stitch for sewing plastics. Adjust the stitch regulator to the length used for machine basting--about 7 or 8 stitches per inch. Use a light (loose) tension.

Plastic fabrics which are pressed or rolled into sheets (not woven) do not have spaces into which the needle may pass in sewing. No basting is possible. Work done must be right the first time, because ripping will leave a line of holes. This line not only is unattractive, but also weakens the fabric.

For marking plastics, use chalk, crayon or colored pencil. Don't use pins to hold seams while stitching. They will make holes in the fabric.

Because plastic fabrics are very smooth, they may slip as they go through the sewing machine. Adjust the pressure on the presser foot until the fabric will feed through smoothly without leaving an imprint of the feed on the seam line. Sew slowly. Do not pull or push the work; the machine should be so well adjusted that the fabric will move through with little assistance.

Fasten thread ends by bringing both ends to the wrong side and tying. Don't back-stitch to fasten. This will tend to cut the fabric.

Hems are not necessary, as plastic fabrics will not fray at the edges. Edges may be left straight or pinked.



for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 17, 1950

## Check Your Kitchen for Safety

URBANA--National Farm and Home Safety Week, July 23-29, is a good time to check your kitchen for safety.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, and coordinator of the Illinois Safe-Homes Program, says that scalds and burns rank high among kitchen accidents. Follow a few simple safety rules, and you will reduce the possibility of accidents in your home.

Try to keep the children out of the line of traffic while you're working in the kitchen. A gate at the kitchen door will keep small children out while you're using hot water or fat for cooking.

Make it a habit to turn handles of all pots and pans toward the back of the range or table--never let them protrude over the edge.

Watch where you put electrical devices in your kitchen. A cord dangling from a coffee percolator naturally invites inspection by your youngsters. Keep it well out of children's reach. Avoid the possibility, too, of tripping over cords that may upset toasters, heaters, or other electrical equipment.

Do you keep matches out of the reach of small children? Use only safety matches if there are children in your family. Provide a non-inflammable receptacle for burned matches. It may save a life.



For Freezing--Pack Raspberries in Sirup

URBANA--For best results when freezing raspberries, use a 30 to 40 percent sirup for packing.

This suggestion was made by Dr. Frances O. Van Duyne, foods and nutrition research specialist, University of Illinois College of Agriculture.

A 30 percent sirup contains 1 cup sugar and 2 cups water; a 40 percent sirup, 1 cup sugar and 1 1/4 cups water. Or you can freeze the berries with sugar if you wish; mix one cup sugar with five cups fruit.

Choose ripe, juicy berries for freezing. Sort and wash them carefully. Don't let the berries soak in the water. Just wash a few at a time, and then lift them from the water. Drain in a colander or on absorbent paper.

If you are using dry sugar, mix it thoroughly with the fruit before packaging. As soon as the fruit is in the package, seal it.

To freeze the berries with sirup, pack them into cartons and cover immediately with sirup. Be sure to leave space at the top of the package to allow room for expansion during freezing. Leave 1/4 inch for a pint container and 1/2 inch for a quart container. Label the containers and put them into the freezer without delay.

Circular 602, "How to Prepare Fruits and Vegetables for Freezing," is available from the University of Illinois College of Agriculture, Urbana.





for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 24, 1950

## Use Yellow Transparents for Pie

URBANA----Yellow Transparent apples are rolling into market from southern Illinois. These juicy apples are luscious for pie and sauce.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, suggests this recipe for an orange-apple pie. The surprise orange flavor makes this pie a specialty dessert.

### ORANGE-APPLE PIE (Yield - 9-inch pie)

4-6 medium-sized apples	1/4 cup orange juice
1 cup brown sugar	2 tablespoons butter
2 tablespoons quick-cooking tapioca	

Wash, pare, core, and slice apples. Combine with brown sugar and tapioca. Arrange in pastry-lined pie pan. Add orange juice and dot with butter.

Moisten edge of pastry with water, and cover with top crust. Bake in a hot oven 425° F. for 10 minutes. Reduce heat to moderate temperature--350° F.--and bake 25 minutes or until apples are tender.

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How to Prevent Mildew Problems

URBANA.---We've had our share of summer rains and dampness. Take steps to prevent the growth of mildew in your house.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture says that removing the cause of dampness is the necessary step in preventing mildew.

Ventilate the house only when the air outside is cooler and drier than that inside. As the cool air is warmed inside the house, it absorbs moisture. Take advantage of cool, dry nights to freshen the air in the entire house.

If you can't get rid of the dampness by airing, try one of the devices to dry air. There are chemicals which absorb moisture in the air, and there are electrical devices which remove the moisture from the air.

Keep an electric light bulb or a small electric heater burning in closets or other small rooms. Or use calcium chloride in damp closets. Place an open container of solid chloride in the closet; then when it becomes liquid, replace it with fresh calcium chloride. You can buy it in a department or drug store.

If you already have mildew, heat the house for a short time with a stove, furnace, or an electrical reflector. Then open doors and windows to let out the warmed air that has taken up the extra moisture. Use an electric fan to force out the warm, moist air more quickly.

Musty odors in basements and cellars are usually due to molds and will disappear if the house is well heated and dried. But, if the odor persists, chloride of lime is a good deodorant and disinfectant to use. Sprinkle it over the basement floor, and let it stay until all mustiness disappears. Then sweep it up, scrub and dry the floor.

For more information on "Preventing and Removing Mildew," write the University of Illinois College of Agriculture, Urbana.

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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 31, 1950

## Tips on Buying Fur-Trimmed Coats

URBANA--August sales will soon be beckoning to women who are in the market for a winter coat.

If you're buying a fur-trimmed coat, be sure to inquire whether you are getting a fur or a fur-fabric, says Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. Read the label and ask the dealer about the type of fur or fur-fabric used. Find out about its serviceability and cleanability.

One test you can make at the store to determine whether the trim is fur or fur-fabric is to bend or fold a portion so that you can see the backing. If it is cloth, the trim is fur-fabric: if the backing is leather, it is real fur. If the trim is fur-fabric, ask the salesperson for a statement or a guarantee of dry cleaning.

Many of the imitation fur-fabrics can be cleaned satisfactorily. Some, however, do not respond to dry cleaning. On the market now are some imitation glued fur-fabrics that disintegrate when cleaned in dry-cleaning solvents. This type of fabric may imitate any of the curly furs, such as Persian lamb or caracul. To get the effect, rayon fibers are curled very tightly around a cotton yarn center and mounted on a plain weave cotton fabric.

A greyish adhesive is used to hold the curls to the fabric base. This adhesive dissolves in cleaner's solvent--and the curls fall off the base; sometimes, moisture also removes these curls.



How to Freeze Peaches

URBANA--Those Illinois Elberta peaches are especially good for freezing.

So says Dr. Frances O. Van Dwyne, foods and nutrition research specialist, University of Illinois College of Agriculture. For freezing, be sure to select peaches that are fully ripened, but not soft, and that have a good flavor.

Prepare the sugar sirup you'll use for packing the peaches before you begin the peeling and slicing job. A 50 or 60 percent sirup is best for freezing peaches. Make the 50 percent sirup by dissolving 1 cup of sugar in  $4/5$  cup of water. If you wish, you can heat the mixture to dissolve it more quickly. However, be sure to cool the sirup before using it.

To prevent the peaches from browning, add tablets or crystals of ascorbic acid (vitamin C) to the sirup. You can buy these preparations at a drug store. Just dissolve three 50-milligram tablets in the amount of sirup needed for a pint carton of fruit (about 1 cup) or add  $1/4$  teaspoon of crystals to 4 cups of sirup. You may be able to buy commercial preparations which contain ascorbic and citric acids at a grocery store. Follow the manufacturer's directions.

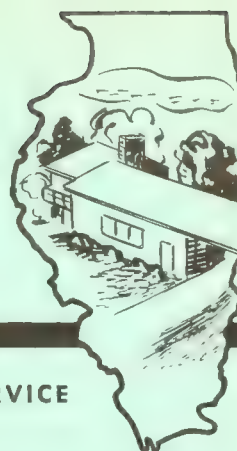
To get good results, work with a small number of peaches at a time. Sort them carefully, removing those that are overripe and bruised. Peel one at a time and slice directly into the freezing container, in which some sugar sirup has been placed.

Fill the container with sliced peaches to within  $1/2$  inch of the top. Then cover the fruit with sirup. Seal the package and place it in the freezer as soon as possible.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 7, 1950

## "Caked" Sugar--Result of Long Storage--Difficult to Use

URBANA--Hard, caked sugar is difficult--almost impossible--to use. That is one of the disadvantages of hoarding sugar.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, said today that aging does not improve sugar, even though it is a staple food which keeps well for a considerable time in a closed container. If kept too long, it hardens or "cakes." This is especially true in humid summer weather when sugar may become damp.

The demand for sugar has increased over and beyond seasonal canning needs. This overdemand has caused unnecessary temporary shortages in some places. It will mean that the woman who has overstocked eventually will have to use up hard, caked sugar--or will waste it.

There is no need to hoard. Supplies of sugar are more than ample for the needs of this country, according to reports by U. S. Department of Agriculture sugar specialists. Cuba still has 400,000 tons in U. S. reserve and other supplies which could be sent in if needed. Hawaii and Puerto Rico also have larger supplies than quantities estimated as needed by the United States. And the sugar beet crop of this country is expected to be very large this fall--it may even be record-size. The cane crop in Louisiana and Florida is expected to be large too.





Speed Necessary to Get Tasty, Tender Canned Corn

URBANA--Speed from garden to can is a good motto to follow when you're preserving corn. Pick a small amount and process it as quickly as possible.

Choose young, tender corn for canning. The kernels should be fully formed, and the milk thin and sweet. So says Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture.

Working with small amounts of corn at a time and completing the whole canning job as quickly as possible will result in a tasty, tender product. Husk and silk the corn, using a stiff brush to remove the silk if necessary. Trim off any wormy or undeveloped sections.

The next step is to cut the kernels from the cob. A simple gadget which makes cutting quick and easy is a wooden block with a nail driven through it. Place the cob on the nail, and then cut the kernels off at about two-thirds their depth, slicing away from the cob. Do not scrape the cob.

Measure the corn into cooking pans. Add one-half as much boiling water as corn. Heat to the boiling point. Pack into pint jars or No. 2 C-enameled tin cans. Leave one inch of head space in each jar or can to allow for expansion during processing. To each pint jar, add 1/2 teaspoon salt and 1/2 to 1 teaspoon sugar (if desired).

The only safe way to can corn is in the pressure canner. Process in the canner at 10 pounds. Pint jars require 60 minutes; quart jars, 70 minutes; No. 2 cans, 50 minutes; No. 3 cans, 65 minutes.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 14, 1950

## Select Young, Tender Corn for Freezing

URBANA--Use sweet corn in the "thin and sweet" milk stage for freezing. Choose only the very best quality, and prepare the corn for freezing as soon after picking as possible.

That's the word from Dr. Frances O. Van Duyne, foods and nutrition research specialist, University of Illinois College of Agriculture.

Tests at the home economics research laboratory have proved that whole-kernel corn is good for freezing. Corn frozen on the cob takes up a great deal of freezer space. And it also presents a cooking problem. The ear of corn should be thawed before cooking. Otherwise, the kernels may be thoroughly cooked during the specified time, while the cob may remain frozen.

Here is how to freeze whole-kernel corn: First, carefully wash the corn, using a dry vegetable brush to remove the silks. Discard all material which is not up to standard.

Blanch eight medium ears of corn in four quarts of boiling water for eight minutes. Just place the corn in a wire basket and dip it into rapidly boiling water. Count the time from the moment the vegetable is put into the water.

Plunge the corn into ice water or cold running water as soon as you remove it from the kettle of boiling water. Cool it until a kernel pulled from the cob feels cold to the tongue.

Cut the kernels from the cob, slicing away from it. Do not scrape the cob. Pack the corn into containers that can be sealed tightly and that will not leak. To allow for expansion, fill to within 1/2 inch of the top. Seal and label the containers. Freeze as quickly as possible.

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COC:pm





Rayon Labels, Standards Drawn Up--Do You Want Them?

URBANA--How do you know what to expect from rayon yard goods so far as durability, colorfastness, and shrinkage are concerned? You can't know until standards are set up and rayon fabrics and garments are labeled.

Rayon standards for 50 items in everyday use have been developed by the American Standards Association. The Consumer Interests Committee of the American Home Economics Association and more than 30 other consumer, producer, retailer and public-interest groups have sponsored this project.

With labels and standards, it would be easier to buy satisfactory rayon clothing for every member of your family and rayon fabrics for every room in your house. You would know whether it is washable or should be dry-cleaned. A label would tell you exactly what you could expect from a fabric and how you should take care of it.

Consumers must express their desire for the adoption of rayon labels and standards. Act quickly, because the rayon committee of the American Standards Association must cast their votes by August 28.

Tell the manager of your department or dry goods store that you want rayon standards and labels. If you're a member of a woman's club or group, discuss these labels and standards. Then pass a resolution requesting adoption, and send a copy to Mr. Jay D. Runkle, chairman of the committee for the development of rayon standards, vice president and general manager, Crowley, Milner, and Co., Detroit. Also send a copy of your resolution to the National Retail Dry Goods Association, 100 W. 31st St., New York 1, N. Y.

For more information on rayon standards and labels, write for "Do You Want to Know What to Expect From Rayons?" University of Illinois College of Agriculture, 206 Bevier Hall, Urbana.

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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 21, 1950

## Plaid Gingham--Good for School Wear

URBANA--Back-to-school sewing is in full swing again. In planning your children's school clothes, give some attention to the plaid gingham available for fall wardrobes.

Dark-toned gingham are "tops" for school wear. They are sturdy, don't soil easily, and launder well. The colors are attractive too. These fabrics may be more comfortable than the warmer fabrics for children to wear in steam-heated homes and schoolrooms.

Examine the fabric for information about colorfastness and shrinkage, says Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture. Look to the label or ask the salesperson for this information.

If the fabric has been completely preshrunk, you won't have to buy more yardage than the pattern calls for. If you don't know that the material is preshrunk, be sure to buy an extra amount. Then shrink it before sewing.

A guarantee of colorfastness means that the color won't fade. Look for information about laundering too. Follow manufacturer's directions.

Consider color and design when you select gingham for children's garments. Fit the fabric to the personality, age, and coloring of the child. Size of design is important too. Some designs are large and some too bold for certain children.

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8-16-50

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Soybeans--Rich in Protein, Colorful, Tasty

URBANA--Green soybeans are a rich source of protein--the nutrient needed for growth and repair of body tissues. The bright green beans add color and tastiness to your meals too.

Mrs. Royene F. Owen, foods and nutrition research specialist, University of Illinois College of Agriculture, says you can substitute soybeans for meat in some of your family meals. And the difference in cost will help your food budget.

You can serve soybeans in many ways--with other vegetables, meat or fish in casserole, in a salad, or in creamed dishes.

Be careful not to overcook green soybeans. Remember that they will not soften as peas do. When soybeans are properly cooked, they will still be bright green and have a firm, nutty texture.

You may cook soybeans in the pod or after shelling them. It's a good idea to shell before cooking, though, because it is hard to shell the beans while hot.

For easy shelling, pour boiling water over the pods and leave them in the hot water for 5 minutes. Then drain and cool them. Break the pods crosswise and squeeze out the beans. They are then ready to cook. You can shell without scalding, but it is more difficult and takes more time.

For cooking, use one cup of boiling water containing  $3/4$  teaspoon of salt for a pint of shelled beans. Cook in a covered pan for 15 to 20 minutes after the water returns to boiling. Drain the beans and season with butter or in any other way you wish.

To cook before hulling, wash the pods carefully and then cook for 20 to 25 minutes.

If you would like some "Recipes for Using Soybeans," write for Circular 662, University of Illinois College of Agriculture, Urbana.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 28, 1950

## Pickle Troubles--How to Prevent

URBANA--"What causes pickle troubles?" That question is asked frequently by homemakers throughout Illinois.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, says soft, slippery, or hollow pickles can be prevented. Here are the reasons for and ways to prevent those pickle troubles:

Shriveled pickles may be caused by using too much salt or sugar, or by using vinegar that is too strong. If very sweet or sour pickles are desired, it is best to place them first in a weak solution and then in a strong one.

Soft or slippery pickles usually result when the brine is too weak to prevent the action of bacteria. Or the pickles may have been exposed above the brine. Weight the pickles so that they stay under the brine. Cover them with a plate and then put bricks, glass jars filled with sand, or clean stones (except limestone) on the cover. Lime and iron blacken the pickles.

Another way to prevent soft or slippery pickles is to keep the brine at the proper strength, according to directions.

Hollow pickles may result when the cucumbers are held longer than 24 hours before they are placed in the brine. Faulty development of the cucumber may also be a cause.

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Home Economics Education Gives Two-in-One Value

URBANA--Young girls planning to go to college get a two-in-one value when they major in home economics.

A home economics education prepares girls for a profession and also trains them for the position of wife and homemaker.

"Home economics at the University of Illinois now offers 12 different majors; compared with only two in 1941," says Dr. Janice M. Smith, head of the home economics department. "The training is concerned with educating students for a satisfying family life," she says

A girl majoring in home economics can choose from the following options:

1. General--for homemaking and extension work
2. Foods and Nutrition
3. Hospital Dietetics
4. Institution Management
5. Household Management
6. The Child and the Family
7. Teaching
8. Textiles and Clothing
9. Apparel Design
10. Retailing Apparel and Home Furnishings
11. Restaurant Management
12. Home Economics and Journalism

If you would like more information about home economics, write for the leaflet, "Your Future in Home Economics," Department of Home Economics, 109 Bevier Hall, University of Illinois, Urbana.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 4, 1950

## More Jobs Than Graduates in Home Economics

URBANA--"More jobs than graduates in home economics"--that is the report from the University of Illinois department of home economics.

The department has been receiving 200 to 250 requests from potential employers each year for the past three or four years. Because their graduates were already satisfactorily placed, the department has been unable to recommend anyone in about half the cases.

Girls who have a home economics education can work in numerous positions in many fields. And they're also trained for homemaking.

If a girl wants to prepare for homemaking while acquiring a liberal college education, she can take the general course in home economics at the University of Illinois. If she wants to obtain training that will fit her for a salaried profession, she can choose any one of 12 majors in home economics.

Some of the positions available are for dietitians, teachers, clothes designers, home equipment consultants, home advisers, food demonstrators, radio editors, and many others.

For more information about home economics, write for the leaflet "Your Future in Home Economics," Department of Home Economics, 109 Bevier Hall, University of Illinois, Urbana.

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8-29-50



Should You "Eat for Two" During Pregnancy?

URBANA--You should not "eat for two" during pregnancy unless it is the protein or building foods, vitamins, and minerals.

The child's development may require that the amounts of these foods be doubled or more than doubled during pregnancy. Only a slight increase in calories is necessary, however.

So says Mrs. Katherine Knight, nutrition research specialist, University of Illinois College of Agriculture.

Your diet during pregnancy is a normal one, but you should pay more attention to foods which supply the best building materials. These include protein foods such as milk, meat, and eggs. Increased amounts of calcium and iron are also necessary. Milk is the best food source of calcium. And liver should be eaten once a week to provide necessary iron.

Here is what you should eat daily during pregnancy: One quart of whole milk, one or more liberal servings of lean meat (liver at least once a week), at least one egg, two or more servings of fruit (one a good source of vitamin C), and two or more servings of cooked or raw vegetables. These should include dark green leafy or deep yellow vegetables, and legumes several times each week.

Other foods you should eat daily are: a medium potato cooked in the skin, enriched or whole grain bread or cereal, two tablespoons of butter or fortified margarine, and some form of vitamin D to supply 400 to 800 international units.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 11, 1950

## Get Dress Form Directions

URBANA--You can make a dress form at home. The form will help you get well-fitted, professional-looking garments in your home sewing.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says you can make a paper dress form exactly like your figure. It is made of gummed paper molded over the model's figure. Three layers of paper are used so that the form will hold its shape when it is removed from the model. The form is then varnished or shellaced to help preserve its shape.

You'll need two knitted shirts, gummed paper, pins, yardsticks, tape measures, and other inexpensive materials to make the dress form. Three or six workers are needed to paste the gummed paper over the knitted shirt on the model.

The model should wear comfortable shoes while the dress form is being made. She will want to have on a well-fitted foundation garment, and she should stand so as to be conveniently located in relation to the workers and the table on which the equipment is placed. The form can be finished in about 30 to 60 minutes, if the work is done rapidly.

Complete directions on how to make a "Paper Dress Form" are available from the University of Illinois College of Agriculture, Urbana. Be sure to follow directions carefully; and you'll have a satisfactory and useful dress form.





State, Community Groups Working on Youth Conference

URBANA--The Midcentury White House Conference on Children and Youth is in the thoughts of many Illinois citizens.

State and community groups are working together to learn about conditions facing Illinois children and youth. These groups will then make recommendations for improvements at the fifth conference to be held at Washington in December.

The purpose of the conference is to determine what must be done now to assure that our children will be happy and responsible citizens. The conference will deal with the whole child, his spiritual values, democratic practices, and the dignity and worth of every individual.

The conference will consider how to develop in children the mental, emotional, and spiritual qualities essential to individual happiness and responsible citizenship. What physical, economic, and social conditions are deemed necessary to this development will also be studied.

Previous White House Conferences on children and youth have been held every 10 years since 1909. The first conference called by President Theodore Roosevelt resulted in the Children's Bureau.

Standards for children entering employment were established as a result of the second White House Conference called by President Wilson in 1919.

The third conference, called by President Hoover in 1930, was concerned with the total aspects of all children. Twelve experts worked 16 months on needs of children. Much of that work is still used as resource material in child development.

How children in a democracy can best be helped to grow into desirable citizens was the object of the fourth conference, called by President F. D. Roosevelt. Many child care programs during the war resulted from this conference.



FOR RELEASE WEEK OF SEPTEMBER 11, 1950

Nutrition Conference to Be Held September 30 at Springfield

URBANA--The Illinois State Nutrition Conference is scheduled for Saturday, September 30, at the St. Nicholas Hotel in Springfield.

Guest speaker for the one-day conference is Dr. Ruth M. Leverton, professor of human nutrition research at the University of Nebraska. Dr. Leverton is one of the leading figures in the human nutrition research field.

Dr. Janice M. Smith, head of the department of home economics, University of Illinois, will present "Recent Findings in Nutrition" at the meeting.

Also scheduled on the program is a report by a member of the governor's committee for the Mid-Century White House Conference on Children and Youth. The talk will give background information on the conferences and the material which has been assembled by the Illinois group to take to Washington.

The conference is sponsored by the Illinois State Nutrition Committee which was organized to promote a nutrition program in Illinois. Other purposes of the committee are to serve as a coordinating force to help agencies of the state on problems of nutrition and the use of the food supply, and to cooperate with the nutrition division of the United States Department of Agriculture.

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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 18, 1950

## Study Structure, Design Before Refinishing

URBANA--Examine a piece of furniture carefully before refinishing it. If the basic structure is good and the design fits in with the other furniture, it's worth refinishing.

So says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

If the design of the furniture is not good, you may be able to improve it, Miss Iwig says. Bed headboards, for example, can be lowered; racks on washstands removed, and table and chair legs shortened. All necessary repairs should, however, be made before the finish is applied.

Main steps in the refinishing process are (1) removal of the old finish, (2) preparation of the surface for the new finish, and (3) application of the new finish.

A sanding machine, scraper, or solvent is used to remove old finishes. When a sanding machine is used, take care to prevent it from cutting too deeply into the wood. A metal scraper, too, must be handled carefully so the wood surface will not be scratched.

Solvents to remove paint and varnish may be made at home or bought ready-mixed. But commercial removers are safer for both the operator and the furniture, and they may be bought from any reliable paint department.

For more information, write for the bulletin, "Refinishing Furniture," home economics department, University of Illinois College of Agriculture, Urbana, Illinois.



Use Basic Seven as Guide in Planning School Lunch Box

URBANA--Plan your child's school lunch with an eye to the basic seven foods.

That's the advice of Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture.

Each day every person should eat one or more servings of each of the basic seven foods. To make sure the child who takes his lunch to school gets the basic seven foods, use the list below as a guide.

Plan the school lunch at the same time you plan other meals for the day and in relation to those meals. In checking the kind of foods included in the lunch (with the basic seven listed below), be sure to check the quantity too. As a rule about one-third of the day's food should be included in the lunch.

Here are the basic seven foods which you should eat each day (you may want to clip this list, and tape it to a cabinet door, in the meal planning area):

1. Green and yellow vegetables--one or more servings.
2. Citrus fruits such as oranges and grapefruit, tomatoes, raw cabbage--one or more servings.
3. Potatoes and other vegetables and fruits--two or more servings.
4. Milk and milk products (such as cheese and ice cream) Children  $\frac{3}{4}$  to 1 quart; adults, 1 pint; expectant and nursing mothers, 1 quart.
5. Meat, poultry, fish, dried peas, dried beans, peanut butter, etc., one serving, plus at least 4 eggs per week.
6. Bread, flour, cereals--whole grain or enriched--a serving at each meal.
7. Butter and fortified margarine--2 to 3 level tablespoons.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 25, 1950

## Serve Plentiful Sweet Potatoes Now

URBANA--Sweet potatoes will be plentiful and inexpensive this fall. The largest crop in four years--almost 60 million bushels--will be on the market. Serve them often in a variety of flavorful ways.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, suggests the following recipe for broiled sweet potatoes. To complete the meal, serve a broiled ham slice and peach halves stuffed with cooked prunes and then broiled.

### ORANGE-CINNAMON SWEET POTATOES

4 medium-sized sweet potatoes (cooked or canned)	1/2 cup brown sugar
Crushed cereal flakes	2 tablespoons melted butter or margarine
1/2 cup orange juice	2 teaspoons cinnamon

Cut sweet potatoes into slices about one-inch thick. Roll edges in crushed cereal flakes. Combine other ingredients. Press indentation, or make a shallow well in potato slices. Spread sugar mixture on top of potato rounds. Arrange on broiler rack and place inches from heat. Broil 10 to 15 minutes, or until a golden brown.





How to Choose Winter Storage for Vegetables

URBANA--Where do you store vegetables during the winter--in the basement, garage, attic, or a separate storeroom?

The storage place you choose depends on the type of vegetable to be stored, says B. L. Weaver, assistant professor of vegetable crops, University of Illinois College of Agriculture. Temperature, humidity, and air circulation needed for good storage may differ for each vegetable or class of vegetables.

Unheated basements are often ideal storage places for root crops, potatoes, and leafy vegetables. These basements are usually damp and cool. In very cold weather, however, some heat may be needed to prevent the vegetables from freezing.

Storage in heated basements is practical, cheap and convenient. It is usually satisfactory, too, if a cool, well-ventilated storeroom 6 by 6 feet or larger is partitioned off from a corner of the basement. You can regulate air circulation, temperature, and humidity by adjusting basement windows.

Root crops placed in boxes of moist sand or soil will keep for two or three months in a garage. Parsnips, salsify, or horseradish boxed in the same way can stay in the garage all winter.

An attic has a limited value for vegetable storage. Poor ventilation and a wide variation in temperature are the limiting factors. Only crops that are fairly clean, easy to handle, and not injured by high temperatures and dry air should be stored in the attic. Popcorn, herbs, and dried seed can remain there indefinitely.

It is not advisable to store pumpkins or squash in the attic. They may be injured by chilling and severely damaged by freezing. If they are damaged, an undesirable odor and moisture--sufficient to stain plaster--may be present.



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# homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 1, 1950

## Fire Prevention--A Year-Round Family Job

URBANA--Fire prevention is a 365-day job, but the time to place special emphasis on it is during Fire Prevention Week, October 8-14.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, suggests the following steps your family should take to get rid of common fire hazards in and around your home and farm.

Mother, Dad and the older children can remove paper boxes, magazines or papers from the attic and basement of the house and from other buildings. This job should be a regular part of the weekly cleaning schedule.

Mother can also check electrical appliances and cords; if they need repairs, they should be sent to the repair shop immediately. When she buys new equipment, she should look for the Underwriters' Laboratories (UL) seal.

Dad can prevent field fires by cutting down dead vegetation, raking leaves away from buildings and fences and cleaning up trash from the entire farm area.

A practice fire drill with members of the family is one way to prevent serious injury during a fire, Miss Ward says. What you do in the first five minutes of a fire determines whether or not the fire can be controlled.





Sew a United Nations Flag for Your Community

URBANA--Fly the United Nations flag in your community during United Nations Week, October 16-24. If you don't have a flag, make one to present to your mayor, school superintendent, county or state officials, or others.

A nation-wide flag-making program, headed by the National Citizens' Committee for United Nations Day is under way. Cooperating with this committee are the extension services of the U.S. Department of Agriculture and the state land-grant colleges.

County home advisers, the local representatives of the Department of Agriculture and the extension service of the University of Illinois College of Agriculture have information about the patterns and techniques needed to make the U.N. flag. They are prepared to train local leaders; the leaders in turn will help individuals, clubs or organizations in the flag-making program.

The United Nations flag has a deep sky-blue background with the world design in white centered on it. A wreath of two olive branches in white is placed around the world symbol.

Materials to make the flag can usually be bought locally. No attempt is being made to control the shade of blue used for the background. The United Nations believe that it is more important to make the flags than it is to match the exact shade of blue. Dimensions of the finished flag are three by five feet.

Anyone interested in making a United Nations flag should contact the county home adviser.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 9, 1950

## Add Shortening to Lard for Longer Keepability

URBANA--You can improve the keeping quality of home-rendered lard by adding hydrogenated vegetable shortening to it.

Research has shown that adding two pounds of vegetable shortening to 50 pounds of lard will double the storage life of the lard you render.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says that the hydrogenated shortening is added to the lard after it has been rendered. Add it to the total amount of lard before pouring it into smaller containers. Be sure to stir until the lard and hydrogenated shortening are completely blended.

For containers, use five- to 10-pound tinned metal pails or cans in first-class condition. If you use a considerable amount of fat for cooking, pour the fat into the larger sized container.

Fill the cans or pails as nearly to the top as possible. Air and light may cause the lard to become rancid. Seal the cans or pails with a tight cover. Then store in a cool, dark place.



Cauliflower--Serve It Raw or Cooked

URBANA--Serve cauliflower often in your October meals.

Supplies are good and prices are low.

You can serve cauliflower either raw or cooked. Use the raw flowerlets as a relish, in tossed salads or as a garnish. Team cooked cauliflower with another plentiful--cheese. Just sprinkle grated cheese over it, or top with a cheese sauce.

To get top-quality cauliflower, choose a firm head that is white or creamy white in color, says Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture. The flower clusters should be compact, and outside leaves fresh-looking. Size is not necessarily an indication of quality.

To cook whole cauliflower, first soak it head down in cold salted water to draw out any insects. Then take off only the tough green leaves, leaving the more tender ones on the head. Drop the head into just enough lightly salted boiling water to cover it. Cook about 20 to 30 minutes. If you wish, you may separate the head into flowerlets and cook in salted boiling water for 8-15 minutes.

To make the cheese sauce, just add one half to one cup sliced or cubed processed cheese to a white sauce made with two tablespoons fat, two tablespoons flour, a cup of milk, and seasoning to taste. Be sure to melt the cheese slowly.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 16, 1950

## Home Economics at Illinois to Observe 50th Anniversary

URBANA--The University of Illinois home economics department will observe its 50th anniversary on October 28 at Urbana.

Alumnae and former faculty members are invited to attend the 50th Anniversary Coffee Hour and Open House from 9-11 o'clock at Bevier Hall Saturday morning. Classrooms and laboratories will be open for tours.

The history of the department of home economics at the University of Illinois goes back more than 50 years, however. The catalog of 1871-72 announces a School of Domestic Science and Art, and adds: "Instruction in this school will be begun with the next college year and will be developed as fast as practicable."

In 1874 Miss Lou C. Allen was appointed to act as dean of women and "open and direct the studies in the School of Domestic Economy." Courses in domestic science, covering four years, were given in the catalog of Industrial University of Illinois for 1875-76. Students were graduated with a degree of Bachelor of Science in the school of domestic science.

In 1880 Miss Allen and Dr. J. M. Gregory, regent of the University, were married, and Mrs. Gregory turned her attention to homemaking. The position was not filled until 1900, when Miss Isabel Bevier began as head of the department of home economics. Thus 1950 marks the 50th anniversary of continuous teaching in the department of home economics at the University of Illinois.



More Money Management Needed Due to Increased Taxes, Prices

URBANA--A University of Illinois family economist said today that more careful money management is needed now than ever before as a result of increased income taxes and higher consumer prices.

Mrs. Ruth C. Freeman recommends that families make both short- and long-time money management plans based on family goals. "Choosing those family goals is one of the most important keys in family financial planning," she says. "Family members should think through their goals together to decide what makes the most satisfactory living."

Whether it is a new house, more land or education that the family wants, the place in the marriage cycle (number of years married) affects the timing of those family goals. Number and ages of children also determine the needs and desires at different periods.

For example, a young married couple will want to start plans immediately for security. One of the first steps in achieving their goal is to take out a life insurance policy. Other goals, such as planning for children's education or building a new house, will require long-time planning and saving. However, such plans should be outlined and timed in relation to place in the marriage cycle.

In such long-time planning, you would first estimate the amount of money needed to obtain each specific goal. Then time your saving program in relation to the approximate number of years before each goal is to be reached.

If you need help with your financial planning, write for "Our Family's Money Management Plan," University of Illinois College of Agriculture, Urbana. It is based on a 7-year plan and gives steps and charts for financial planning. There is no charge for this publication.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 23, 1950

## Wool Jersey--Shrink Before Cutting

URBANA--Shrink wool jersey material before cutting the pattern pieces. Otherwise the garment may shrink when dry cleaned or washed.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, suggests this technique for shrinking the material:

First, run a long basting stitch down the length of the fabric along one of the courses or lines of stitches. This is an extra check to make sure the grain is straight (lengthwise and cross-wise yarns on the square). Fold the material on this row of stitching.

Lay the folded wool jersey on a doubled sheet that has been dampened with clear water and thoroughly wrung out. Fold the end of the wet sheet over the end of the jersey about 12 inches. Roll or continue to fold the remaining sheet and jersey together. Wrap the roll in a wet towel and keep well dampened for 18 to 24 hours.

Remove the jersey from the wet sheet and lay it out on a perfectly flat surface. Spread over clean wrapping paper--on the floor, if necessary. Be sure the fabric is smooth and on the straight grain. Let it dry and then press with the grain.



Make Caramel Apples for Halloween--Here's How

URBANA--A tasty treat for Halloween parties is apples--in any form. Serve them "as is," or dress them up with a candy coating.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, suggests the following tested recipe for caramel apples:

CARAMEL APPLES  
(Yield - 6)

6 medium-sized apples	1 cup coffee cream
1 cup brown sugar	1/4 teaspoon salt
1 cup light corn sirup	1 tablespoon butter

1. Wash and dry apples; insert wooden skewer into stem end of each.
2. Combine remaining ingredients in saucepan and boil (with stirring) until mixture reaches 245° F. or forms a rather firm ball when a little is dropped into cold water.
3. Place over hot water. Dip apples into the mixture so as to thoroughly coat them. Arrange apples on a wire rack or waxed paper. If the sirup becomes too thick, add a little cream to get the right consistency.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

## United Nations Flags Presented on U.N. Day

URBANA--Two United Nations flags were presented to the University of Illinois and the College of Agriculture Tuesday morning, October 24, at Urbana. The occasion was the fifth anniversary of the United Nations.

The Isabel Bevier Home Economics Club, on behalf of the home economics department, presented the flags to Provost Coleman R. Griffith for the University of Illinois and Dean H. P. Rusk for the College of Agriculture. Miss Charlene Woodson, home economics senior and vice president of the Home Economics Club, presented the official United Nations symbol--the blue and white flags.

In acceptance of the United Nations flag, Dean Rusk said, "I hope that on each anniversary of this occasion the flag will fly alongside our Stars and Stripes. I recognize that this flag can never take the place of the Stars and Stripes or even our state flag. It is, however, the symbol of civilization's major effort to secure united support from all nations for world peace and tolerable international relationships."

-MORE-





United Nations Flags - add 1

"I am proud of the contribution which home economics extension has made to a great educational program," Dean Rusk said. He stated that to date 56 counties have reported that 829 flags have been made. He added that undoubtedly the number will be over a thousand when all counties report.

In conclusion, Dean Rusk thanked the home economics extension members for their work throughout the state. He congratulated Illinois women for their achievement in directing widespread attention to the United Nations.

This presentation was symbolic of ceremonies throughout Illinois and the nation in observance of the fifth birthday of the United Nations.

The National Citizens' Committee of the United Nations was appointed to direct the nation-wide campaign "to have a U.N. flag flying in every community on U.N. Day." The committee asked the extension services of the United States Department of Agriculture and the state land-grant colleges to direct the program.

Many communities throughout the state joined wholeheartedly in the flag-making program. Home advisers report that home bureau women, 4-H Clubs, Rural Youthers, women's clubs, parent-teacher groups, the Chamber of Commerce, the American Association of University Women, and many others have made or financed the making of United Nations flags.



Wool Jersey--Check Straight of Grain Before Cutting

URBANA--Wool jersey is popular with home sewers this fall. To make sure a wool jersey garment will fit well, check the straight of the grain before laying the pattern on the material.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says an extra straight-of-grain marking is necessary because most wool jersey comes in tubular form. Such jersey has no selvage from which to check straightness of grain (lengthwise and crosswise threads on the square).

Miss Zwolanek suggests this method for marking the straight of the grain: Run a baste thread along one of the courses or lines of stitches lengthwise of the fabric. Fold the fabric on this thread. Place the pattern on the fabric, using on this fold line the pieces that go on the fold. Other pattern pieces can be checked for straight of grain from this line.

Use a garment square or yard stick for measuring the straightness of the grain. When each end of the straight grain marking measures the same distance from the fold line, the piece will be placed correctly. If there are diagonal wrinkles in the jersey, it may have to be dampened (as for shrinkage) and then pulled into shape.





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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 6, 1950

## Clothing Specialist Warns Against Dry Cleaning at Home

URBANA--Dry-cleaning garments at home is dangerous business. And you do not save money, considering the risk to the garment and yourself.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, today advised sending garments that require dry cleaning to a professional cleaner rather than either spotting or cleaning them at home.

Because of new fibers and finishes, she says, it is becoming more difficult to take spots out of present-day fabrics. New fabrics are often made of several fibers that react differently to dry-cleaning solutions. Special finishes may be damaged when certain dry-cleaning solutions are used.

When a garment becomes spotted, take it to the dry cleaner as soon as possible, and tell him the cause of the stain. The professional dry cleaner has had practical knowledge and experience with different types of fabrics and cleaning solutions. Because he has, he's usually able to turn out a satisfactory result.

The risk to yourself is also great when you dry-clean garments at home. Cleaning fluids that are likely to ignite easily may cause an explosion or fire that may seriously injure you or other members of your family.



Daily Care of Woolen Blankets in Exchange for Maximum Service

URBANA--Woolen blankets stay warmer and wear longer when you keep them clean and fluffy. They are made with a multitude of tiny air cells; and when the nap becomes matted or very soiled, the insulating quality is lost and the warmth of the blanket is lessened.

Frequent laundering and dry cleaning are hard on blankets. The best plan is to keep them from becoming badly soiled, says home management specialist Gladys Ward, of the University of Illinois College of Agriculture.

As a protection from perspiration and body oils, turn the top sheet back over the blanket from nine to twelve inches. For double protection, sew a strip of cotton cloth across the top of the blanket in addition to turning back the top sheet. Sometimes a third sheet, or a wide strip of cotton material, is used over the entire top of the blanket. This catches any soil that may blow in during the night.

Throwing the covers back for an airing before the bed is made allows the stale odors to be carried away and gives the crushed blanket fibers a chance to spring back into shape.

When a blanket has become soiled, follow the manufacturer's guides for laundering and dry cleaning. Informative labels are made after careful laboratory tests, and can be relied upon completely. The beauty and value of a blanket can never be restored once it has been lost through improper laundering.

Another precaution for a longer life from your blanket is to place it on the bed so that it will receive the least amount of pulling and strain...high enough to cover the shoulders and down far enough to keep the feet tucked in.





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# homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 13, 1950

## For Tasty, Juicy Bird--Roast at Moderate Heat

URBANA--Correct roasting of that young holiday bird will give juicy, tender meat that is evenly done to the bone.

Whether the family favorite is goose, duck, turkey or chicken, the first rule is to roast it at moderate heat.

A temperature ranging from 250 to 350° F.--depending on the weight of the bird--saves both meat and fuel, says foods specialist Frances Cook, University of Illinois College of Agriculture. The cooking time is longer, she says, but there is more meat to serve, with more retained flavor and juice.

Roast the bird in a shallow uncovered pan without added water. A shallow pan allows heat to circulate around the bird, roasting it evenly. A rack raises the poultry off the bottom of the pan and keeps it from sticking; the rack also allows the heat to circulate under the bird.

Time required for roasting depends on the weight of the bird and the temperature. In her "Timetable for Roasting Young Birds," Miss Cook recommends 2 1/2-3 hours for a 6-9 pound turkey at an oven temperature of 325° F. A 5-6 pound duck, roasted at the same temperature, takes 4 to 4 1/2 hours.

You can get this "Timetable for Roasting Young Birds" from the University of Illinois College of Agriculture, Urbana. It is in handy card form and is free on request.





Homemade Toys--Make Welcome Gifts

URBANA--Make toys at home this year and spend less money for gifts.

A University of Illinois College of Agriculture publication, "Toys That Can Be Made at Home" describes toys that are easy to make and inexpensive. Some can be made from materials on hand; others require minor purchases of materials.

A tugboat described in the bulletin is made from pieces of ordinary lumber and three spools. The chief requirements for a locomotive and boxcars are cheese boxes, a cookie can, and wooden wheels. Wood trains made without wheels are easy for the 2 1/2- to 3-year-old child to handle. In this case furniture glides may be used on the boxes.

A plywood horse's head mounted on a broomstick makes a handsome animal; or you can use a stuffed horse's head made from a cotton stocking. Scrapbooks, too, are popular with young children. Sturdy books can be made from old window shades. The edges may be bound with bias tape to make the pages thicker and easier to turn.

Take special care that the gifts you make are safe ones. Paints containing lead are poisonous, so use a non-lead paint for all toys and equipment. A rag doll with embroidered eyes is much safer for small children than a doll with button eyes.

To order the bulletin "Toys That Can Be Made at Home," write for Circular 546, University of Illinois College of Agriculture, Urbana.



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# homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 20, 1950

## Choose a Lamp as a Christmas Gift--Here's How

URBANA--Are you buying a lamp for the house as a Christmas gift this year? If you are, make sure it's one that will give good light as well as be an attractive accessory for your house.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, today suggested the following points to examine when purchasing a lamp:

Buy a lamp only after it has been lighted, so that you can get the general effect. Look to see whether the bulb gives a spot of light or whether the tip of the bulb can be seen under the shade. Or is the light diffused and the bulb invisible? A good lamp will give a diffused, flowing light, rather than a concentrated spot.

Examine the diameter of the shade to see that the light spreads. The shade should be in good proportion with the height of the shade.

If the lamp is to be used for close work or reading, make sure that the shade is a light color on the inside. Light-colored interiors reflect--not absorb--the light. Any color that harmonizes with room furnishings can be used.

Perhaps you may want to buy a lamp that is scientifically designed to give good lighting. Certified lamps are designed so that the height of the column or shaft is in good proportion to the diameter and depth of the shade. If the lamp is certified, it will have a label "CLM"--Certified Lamp Manufacturers' association.

If you intend to wash a fabric lamp shade, you need to examine its construction before you buy the lamp. Shades that are sewed--not glued together--are, in most cases, washable. Wires that form the shape of the shade should be painted if you intend to wash it. Unpainted wires may rust and stain the shade.





How to Roast Wild Duck or Goose

URBANA--Roast wild fowl--duck, pheasant, or goose--the same way as a domestic bird. The only difference is that extra fat needs to be added when roasting a wild bird.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says that wild birds have less fat than domestic fowl and therefore need generous additions of butter, bacon, salt pork drippings, or other fats.

Frequent basting will do the job; or you may place a greased cloth--fine muslin or cheesecloth--over the bird to keep it moist during roasting.

Dressings especially suitable for wild duck or goose are fruit dressings, ones well seasoned with herbs, or onion. If your family doesn't like dressing, you can stuff the cavity with an onion and an apple or an onion and a carrot. The bird will be juicer if you fill the cavity with some food.

If desired, rub the bird on the outside with seasonings, such as garlic. Then coat it with fat. Stuff and truss as you would a domestic bird. Place on a rack in a shallow pan and roast at a moderate temperature.

Roast goose in a slow oven--300 to 325° F.--allowing 18 minutes per pound. For a medium-done duck, roast in a moderate oven 325° to 350° F. about 1 1/2-2 hours, or until tender.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 27, 1950

## Hot Spiced Cider--For Teen-Age Parties

URBANA--Hot spiced cider wins praises as teen-age party fare. Simple-to-serve accompaniments would be frosted doughnuts or gingerbread topped with whipped cream.

If the crowd's a small one, a more substantial menu can be prepared by the youngsters themselves. Toasted cheese sandwiches with slices of dill pickle are always good, or wieners on buns, with plenty of mustard and catsup.

Some "nibblers" that go well with hand-out parties are potato chips, salted peanuts, celery or carrot sticks and dried fruits.

It's important that whatever food is selected be easy to serve, easy to eat and the kind that doesn't need to be served immediately.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, gives this recipe for hot spiced cider:

### HOT SPICED CIDER (Serves 12)

1 1/2 teaspoon allspice  
3-inch stick of cinnamon  
9 whole cloves

3 quarts cider  
1/2 to 3/4 cup brown sugar  
Nutmeg

Tie the allspice, cinnamon and cloves in a cheesecloth bag. Drop bag into kettle of hot cider with sugar added, and let it simmer about fifteen minutes. Remove the spices and allow to stand overnight to set the flavor. Heat again before serving.



1951 Predicted Food Supply Is Good

URBANA--Will there be enough food for you during 1951?

The Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture, predicts enough food and greater amounts of certain nutrients in 1951.

The national food outlook report says that calories equal to the average since 1941--3,300 calories per person daily--and an increased amount of vitamins A and C, calcium and protein will be available.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, says that more vitamin C will be provided by a larger supply of citrus fruits--oranges and grapefruit--during 1951. A record use of frozen citrus juices will also increase vitamin C intake.

Especially important is the increased amount of calcium predicted during 1951, says Miss Armstrong. Since 1946 calcium intake has been declining; this decrease may become serious, since calcium is needed for several purposes, such as for building strong bones and teeth and for muscle contraction.

Use of more fluid milk during 1951 will give that greater amount of calcium predicted. The use of cheese--also a very good source of calcium--is expected to reach an all-time high.

More leafy, green and yellow vegetables during 1951 mean that more vitamin A will be available. Protein intake, too, is expected to increase slightly during 1951, indicating a greater consumption of meat, eggs and dairy products.





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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 4, 1950

## Time Yet to Bake Short-Cut Fruit Cake

URBANA--Don't "fret" because you haven't baked a fruit cake for the holidays. You have time yet to bake a Short-Cut Fruit Cake that may be served at once or aged for several weeks.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, suggests the following recipe for that "last-minute" fruit cake.

### SHORT-CUT FRUIT CAKE (Three-pound cake)

2/3 cup fat	1 1/2 teaspoons baking powder
1 teaspoon vanilla	1/2 teaspoon soda
1 cup sugar	1/2 teaspoon salt
1/3 cup marmalade or jelly	1 cup whole raisins
3 eggs	1 cup chopped nuts
2 1/2 cups sifted all-purpose flour	
1 pound green tomato or other mincemeat	

Blend together fat and vanilla. Gradually add sugar and marmalade or jelly, creaming thoroughly after each addition. Add eggs one at a time, beating well after each.

Sift together flour, baking powder, soda and salt. Combine one-half cup of the dry ingredients with raisins and nuts. Add remaining dry ingredients alternately with mincemeat to the creamed mixture, beginning and ending with dry ingredients. Add raisin and nut mixture. Pour into a greased 7 1/2-inch tube pan or loaf pans. Bake in a slow oven 325° F. for 1 1/2 hours. Cool one-half hour before removing from pan.



Make Christmas Candy Aplenty From Fondant

URBANA--You can make many different types of Christmas candies from fondant. A few additions to the basic recipe give such tasty candies as minted pecans, fruit roll, and mints.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says that two important points for success in fondant-making are cooking to the correct temperature and undisturbed cooling before beating.

To make fondant, mix two cups sugar, one cup water, and three tablespoons corn sirup or one-fourth teaspoon cream of tartar. Cook with stirring until sugar is dissolved. Boil briskly to 239° F. or the soft ball stage.

Remove the candy from the heat and pour quickly (while still bubbling) into a large platter for cooling. Do not scrape the pan. Cool undisturbed until it is lukewarm or 104° F. Beat until it becomes white and solid enough to handle: then pick it up and work it with your hands until all lumps have disappeared. Wrap well and store in a covered container for 24 hours before using.

To make minted pecans, first melt the fondant by placing one cup fondant in a bowl over a pan of boiling water. Add a few drops of water and stir occasionally. Heat until it is hot and about the consistency of corn sirup. Remove from the heat.

Add two to three drops of oil of peppermint to the hot melted fondant. Beat in a bowl with a spoon until it starts to thicken. Add enough pecans to coat with fondant. Continue beating until the fondant begins to lose its shine. Turn out on wax paper and separate the nuts with your fingers.

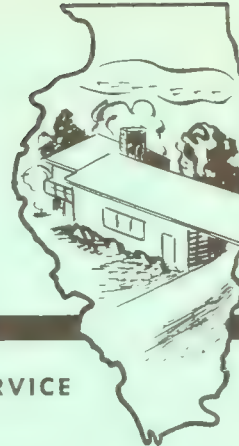
Directions for other variations are available from the University of Illinois College of Agriculture, Urbana. Ask for "Candy Recipes" by Mrs. Pearl Janssen.





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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 11, 1950

## Ask Children to Help With Christmas Activities

URBANA--Christmas is a family activity. Let your children help you with some of those Christmas preparations--trimming the tree, baking Christmas goodies or wrapping gifts.

Mrs. Ida B. Johnson, child development specialist, University of Illinois College of Agriculture, says that families will enjoy the holidays much more if they work together in preparing for them.

Children three to four years old or older can help to decorate the Christmas tree. It's true that the tree won't be so artistic, but the family will enjoy it as "their" tree because they put it up together. Give the children unbreakable ornaments made from plastic paper or metallic foil to hang on the lower branches.

While mother is baking Christmas goodies in the kitchen, daughter or son can help by cutting cookies or arranging them in the baking pan, readying cake pans for batter or doing other little jobs. Or daughter can mix up a small portion of the batter in her own cake bowl.

Wrapping the family Christmas gifts can also be a family affair. Let the child help to wrap Daddy's present by putting the stickers on it. Or the child can choose wrapping paper for a particular gift. Older children may want to wrap gifts without any help.



Pop Corn With Fat AND Salt

URBANA--Popcorn parties are "naturals" for crisp winter evenings at home. And popcorn is a good snack for impromptu parties, because your guests can help prepare it.

The tasty and easy way to make popcorn is to add the fat and the salt to the popper or skillet before popping. This method distributes the fat and salt evenly, says B. L. Weaver, vegetable crops research specialist, University of Illinois College of Agriculture.

You can use vegetable fat or oil, lard or even bacon or poultry fat (if you like the flavor) for popping the corn. Butter or oleomargine is not used for popping because it tends to stick and brown. It is usually melted and added after popping.

One recipe Weaver recommends is for "Eat-More-Corn"--a caramel corn. To make it, add three tablespoons lard, one-half teaspoon vanilla, and one-half teaspoon salt to a six-quart popper.

Heat the mixture until the lard is hot. Add one-half cup of popcorn and then one-half cup of granulated sugar. The amount of caramelization is controlled by the time allowed between the addition of corn and sugar. About one-half minute gives slight caramelization. Lengthen the time as you prefer. Be sure to stir continually during popping. This recipe makes about three quarts of caramel corn.

You can shape caramel corn into balls. Do it immediately after the corn is out of the popper. Shape with your hands. If you wish, you can add chopped peanuts, walnuts, pecans or black walnuts to the popcorn before shaping.





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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 18, 1950

## How to Keep That Christmas Tree Safe

URBANA--Locate your Christmas tree away from water-pipes, radiators and the fireplace. And if it's possible, place the tree near enough to an electrical outlet to plug in the lights without using an extension cord.

Frank W. Andrew, agricultural engineer, University of Illinois College of Agriculture, says that eliminating an extension cord for tree lights reduces difficulty in making good connections, danger of shock from faulty cords, and possible tripping.

Once you've set up the tree, make sure that none of the wiring dangles in the water pan in which the base of the tree is set. If a bulb burns out, leave it in place until you can replace it with a new one. Otherwise something may fall into the open socket and give a shock or cause a fire. Also, if the lights have a fiber washer between the bulb and the socket, be sure to replace it.

When you leave the house or go to bed, turn off the tree lights. A branch may dry out, ornaments may slip and break and a fire may result if a filament of a broken bulb contacts metal decorations.





Flavor Turkey Stuffing With Mild Herb

URBANA--For a top-notch, tasty stuffing, use a seasoning that blends with the flavor of the poultry.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that chicken and turkey have a delicate flavor and therefore need mild-flavored herbs in the stuffing. Savory, marjoram, and tarragon are suitable. Use one teaspoon of the herb or combinations of herbs to each quart of bread crumbs.

Sage is the strongest herb in flavor; a large amount should not be used in the dressing for chicken and turkey. It is good for strong-flavored poultry, such as goose.

If individual herbs, such as savory, marjoram, tarragon, and sage are not available, choose a poultry seasoning that contains a small amount of each herb.

A savory stuffing recommended for chicken or turkey is made as follows:

SAVORY STUFFING

3/4 cup butter or other fat	2 to 2 1/2 quarts medium dry
1 pint chopped celery	bread crumbs
1/2 cup chopped parsley	1 to 2 teaspoons savory seasoning
1 small onion, chopped	1 to 2 teaspoons salt
	Pepper to taste

Cook the celery, parsley and onion in the melted fat for a few minutes. Add to the bread crumbs and dry seasonings. Stir together. This makes enough stuffing for a 10- to 12-pound turkey.



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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 25, 1950

## Meats Specialist Explains Beef Grade Changes

URBANA--When you buy beef after December 29, keep in mind the change in federal meat grades that became effective on that day.

Sleeter Bull, University of Illinois meats specialist, explains the grade revision, adopted by the U. S. Department of Agriculture, as an upgrading of the old federal meat grades. Under this new system, the old Choice grade becomes Prime, Good becomes Choice, and the younger Commercials become Good.

Prime beef has a thick covering of firm white or creamy white fat. The lean is pink or bright cherry red, firm and well marbled (fat distributed through the lean). Only the best steers and heifers qualify for this grade.

The lean of U. S. Choice meat is darker than that of Prime and usually contains some, but not much, marbling. The fat is white or creamy white and firm.

Choice meat comes from steers, heifers and some young beef-bred cows which have been corn-fed. It gives both tastiness and economy, since it has good flavor, is reasonably tender and is not wasty.

-more-





## Meats Specialist - 2

Bull recommends the new Choice grade for the homemaker who demands good quality for the money spent.

Tender cuts of Prime and Choice beef are "tops" for broiling because of the marbling. Such cuts as sirloin, porterhouse and club steak are "broilers." Prime cuts such as rib, rump, chuck and shoulder arm need to be roasted. The same cuts in the Choice grade should be pot-roasted. Other cuts of these two grades are suitable for braising and frying.

U. S. Good beef comes from grass-fed young steers, heifers and some fat cows. It is not so rich in flavor nor so tender as Choice or Prime, but it gives a large amount of fairly good lean at an economical price.

Good cuts such as club steak, sirloin or round steaks should be fried. Other Good cuts--chuck ribs, shoulder arm steaks, rump--should be braised or pot-roasted.

U. S. Commercial includes some beef from relatively immature steers and heifers, but most of it is from mature cows. Commercial cow beef has dark red lean with some or no marbling and a moderately thick covering of yellow fat. Steer and heifer beef of this grade has little or no fat covering and no marbling. Cuts of Commercial meat generally are suitable for frying, braising or stewing.



French Chocolate--for Your New Year's Party

URBANA--Tasty--but easy to prepare and easy to serve--that's the kind of refreshment you want for that New Year's party or open house.

Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture, says that French chocolate is a good refreshment for an open house because it's so simple to make but attractive and unusual.

Just prepare a chocolate sauce, cool it and mix it with whipped cream. Be sure to cool the sauce thoroughly before adding the whipped cream, Miss Hodgson says. Otherwise the whipped cream will lose some of its fluffiness.

The beverage is served by heaping the fluffy sauce into a bowl; a scoopful of the sauce is placed in a cup, and the cup is filled with hot milk.

FRENCH CHOCOLATE

2 1/2 squares bitter chocolate	1 teaspoon vanilla
1/3 cup water	1 cup whipping cream,
2/3 to 3/4 cup sugar	whipped
Salt	4 cups milk, heated

1. Cook the chocolate with water until thick, stirring to prevent sticking; add sugar and salt.

2. Let boil up once; remove from the fire. Add vanilla. Cool thoroughly.

3. Fold in whipped cream. Yield--about 2 1/2 cups sauce.

4. To serve, place a generous spoonful of sauce in a serving cup. Add hot milk. Stir until mixed.



FOR RELEASE WEEK OF DECEMBER 25, 1950

Serve Eggnog at Children's Holiday Party

URBANA--When the neighborhood children gather at your house to see the Christmas tree and gifts, treat them to something special--a tasty eggnog. They probably have had sweets galore already and would welcome such a refreshment.

Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture, says that eggnog will be a treat for the mother as well as the "small fry," because it's easy to make. And in addition an eggnog contains valuable nutrients.

Tall tumblers with colored straws add a bit of glamour to the occasion. A wreath of colorful holly on the tray will also make it extra-special.

EGGNOG  
(10 servings)

8 eggs, well beaten  
1/4 teaspoon salt  
2 quarts milk

1/2 cup sugar  
2 teaspoons vanilla  
Nutmeg

Combine all ingredients except nutmeg and mix well. Sprinkle with nutmeg and serve.





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for weeklies

# homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 1, 1951

## Oyster Stew--For an Easy-to-Prepare Supper

URBANA--Do you want a vacation out of the kitchen after the busy holiday meals? Prepare oyster stew for supper, and you'll have some extra time to relax.

Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture, says that you can heat the oysters and milk separately as you need them, and then mix the two just before serving.

Simmer the oysters at a low temperature for not more than five minutes or just until the edges begin to curl. A high temperature and overcooking tend to make the oysters hard and tough.

To make four servings of oyster stew, follow these steps: Add black pepper and paprika (to taste) to four cups of milk. Scald the milk.

Strain the oyster liquor from two cups of oysters into a small saucepan. If desired, chop the oysters into bite-sized pieces, add one tablespoon butter and simmer in the liquor over low heat for about five minutes.

Add the oysters and the liquor to the milk just before serving. Salt if needed.



Herbs Add Special Flavor to Foods

URBANA--Herb cookery is an art untried by many homemakers, says foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture.

If a homemaker once tried cooking with herbs, she would continue, because foods take on such pleasing flavors. One herb or a combination of herbs may be used. Some of the more common herbs are bay leaf, basil, chives, sage and savory.

There are no set rules to follow when cooking with herbs, but a few suggestions will give tasty results:

Use only small amounts of herbs. Experiment by pinches, then taste, and add what is needed. Start with one-fourth teaspoon of dried herbs in a dish for four.

Fresh herbs may be substituted for dry herbs. Simply use three to four times as much. Cut or chop the leaves very fine.

Add herbs to soups and stews during the last half hour of cooking. The delicate flavor and aroma of herbs may be lost by long cooking. Herbs used in quickly cooked dishes or sauces will give more flavor if moistened with a little lukewarm milk or cooking oil and allowed to stand for half an hour before using.

In uncooked food, such as tomato juice cocktail, add the herbs at least three or four hours ahead of time--even overnight--to get their full flavor. Tie them in a cheesecloth bag and remove before serving.





Four "Dos" for Pressing Wool

URBANA--Keep that wool suit or dress in "tip-top" condition by pressing it correctly.

Miss Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture, says that four "dos" should be followed to get the most desirable results when pressing wool:

1. Do press on the wrong side whenever possible. Use two or three press cloths to protect the wool from too much heat and to distribute the moisture evenly over the fabric. One press cloth should be of a heavy cotton twill weave material, such as drilling; the second, a light-weight cotton free from starch.

"Touch up" collars, cuffs, and skirt belts on the right side, using both press cloths and following the other "dos."

2. Do use an iron temperature suitable for wool. Set the temperature gauge at "wool." Test the temperature on an inconspicuous corner before pressing the entire garment.

3. Do let some moisture remain in the material after pressing. It will help to prevent harshness and a possible shiny surface.

4. Use the right amount of pressure on the iron by lowering it gently on the damp press cloth. Lift the iron and place it with the lengthwise grain of the material. Do it so that the covered areas overlap. Pushing or shoving the iron may push the material off grain and result in bagginess.



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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 8, 1951

## Farm and Home Week Speakers Announced

URBANA--General session speakers during the 50th annual Farm and Home Week at the University of Illinois Feb. 5-8 include four nationally and internationally known persons.

The secretary of the Associated Women of the American Farm Bureau Federation, Mrs. Charles N. DeShazo, will speak Wednesday, Feb. 7, on "The American Family and Today's World."

Dr. George D. Stoddard, president of the University of Illinois, will speak Monday, Feb. 5, on "What the University Means to the Farm Family."

A University of Minnesota economist and associate editor of the Minnesota Star, Dr. Arthur R. Upgren, will speak at Tuesday's general session on "Economic Policy for Agriculture."

The final day of Farm and Home Week features as general session speaker Dr. Wilbur Schramm, dean of the University of Illinois division of communications. He will speak on "War or Peace in the Far East." Dr. Schramm will return to the Illinois campus on Feb. 1 from a special assignment in Korea.

More than 250 speakers are scheduled for the Farm and Home Week program, the College of Agriculture's biggest event of the year.



Make House Dresses That Suit the Job

URBANA--If you plan to make house dresses from materials you received at Christmas, choose patterns with features that make garments easy to iron, easy to put on and easy to wear.

A dress with few seams, a flat, collarless neck and short sleeves may be the streamlined design needed by the woman who is too busy to iron ruffles. She will welcome sturdy, flat trimmings that are pretty but will last as long as the dress. One such trimming is rickrack.

The wrap-around dress that you slip on like a coat will be a timesaver in the morning. A dress with a long front opening will save time too. It may be pulled over the head or stepped into, as you choose.

Remember that all parts of the dress must work together if it is to be comfortable, say clothing specialists of the University of Illinois College of Agriculture. The advantage of one good feature can be lost if the rest of the dress is poorly planned or doesn't fit.

An action-back blouse, for example, designed with pleats, gathers or some other width-giving feature, may be hampered by sleeves that are poorly cut and ill-fitting.

Additional pointers on design are given in the United States Department of Agriculture bulletin "Dresses and Aprons for Work in the Home." Commercial pattern companies have reproduced these designs in patterns and have made them available to home sewers.

You may get a free copy of this bulletin by writing to the University of Illinois College of Agriculture, Urbana, Illinois. Ask for Farmers' Bulletin Number 1963.





One-Dish Meals--Quick and Easy

URBANA--Prepare a one-dish meal on that day you go to a club meeting or shopping. These meals take little time in preparing, serving and dishwashing. They may also save money by using left-overs or saving fuel.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, has these suggestions for one-dish meals:

A mushroom-pork-corn dish takes only 30 minutes of cooking time. To make it, place one can of pork luncheon meat, one sliced onion, one can of whole-kernel corn, and two teaspoons of Worcestershire sauce into a two-quart saucepan. Pour over this mixture one 10 1/2-ounce can of condensed mushroom soup and one-half cup of water. Sprinkle four tablespoons of coarsely chopped green pepper over the top. Simmer one-half hour.

To complete the meal, Miss Cook suggests a cabbage and carrot salad, and for dessert, fruit--apricots or peaches--with cookies or brownies.

Nut cutlets is a tasty meatless dish that gives left-overs a lift. Combine one-half cup mashed cooked peas, one cup mashed cooked carrots, three-fourths cup chopped nuts, three tablespoons minced onion, two cups soft bread crumbs, one tablespoon melted fat and one beaten egg. Season with a teaspoon salt and a dash of pepper.

Shape in the form of thick chops; roll in crushed corn flakes. Place on a greased baking sheet. Bake at 350° for 30 minutes. Serve with a tomato sauce. A wilted spinach salad with diced bacon and a relish tray of celery, carrots and pickles would complement the cutlets. And for dessert bake a cherry upside-down cake while you're baking the cutlets.



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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 15, 1951

## Entertaining Farm and Home Week Open House Planned

URBANA--An evening of entertainment-plus has been packed into the program for Open House to be held during Farm and Home Week at the University of Illinois, February 5-8.

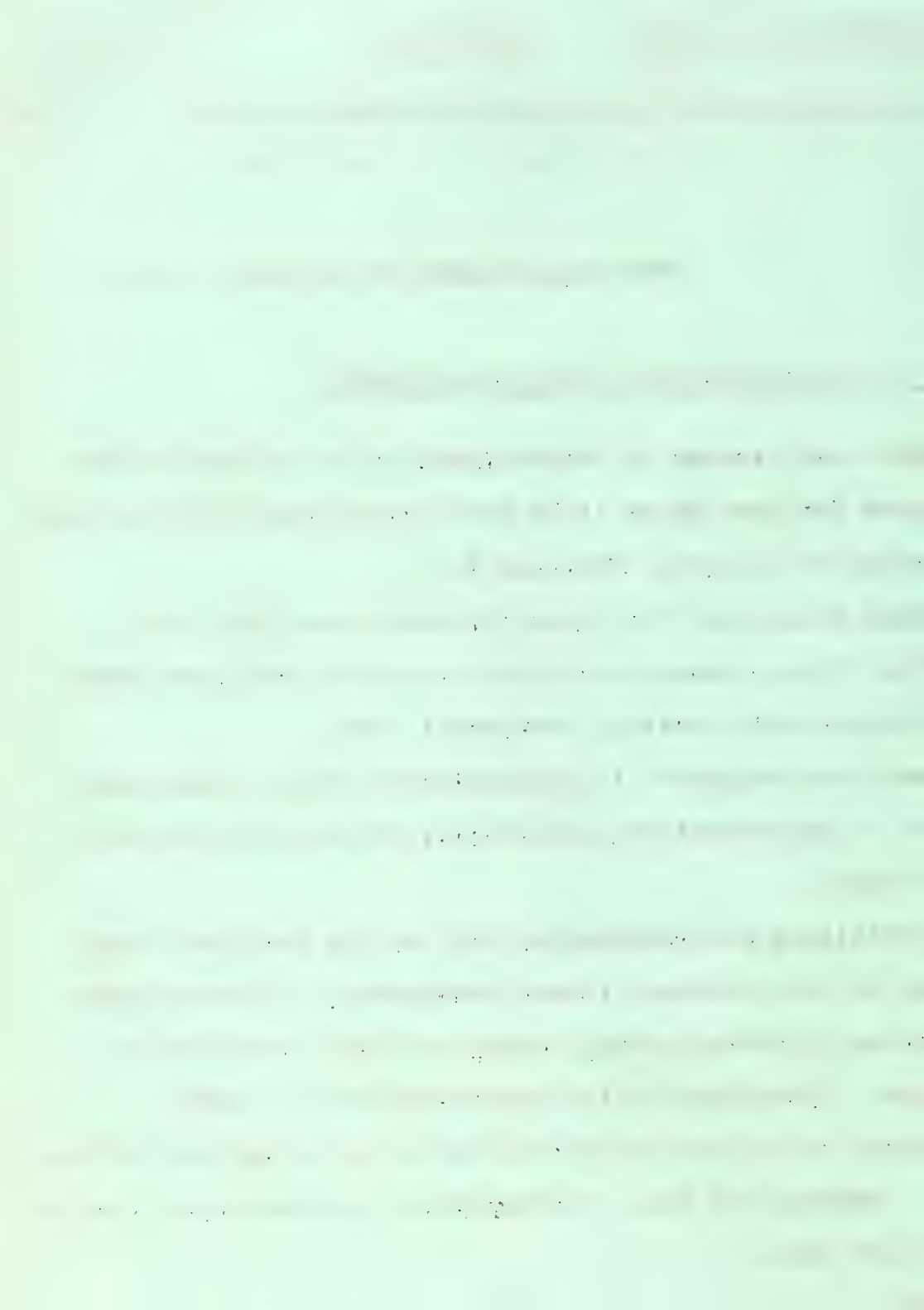
Monday evening at 7 o'clock Illinois farm folks will gather at Illini Union, where activities from handicraft and demonstrations to movies and a variety show await them.

"Meet Your Neighbor" is appropriately first on the Open House program. A get-acquainted session will be held in the main lounge of the Union.

Entertaining and informative will be the handicraft and demonstrations in wood-carving, floral arrangements, glass-blowing, ceramics, weaving, block-printing, potato-printing, plastics and paper sculpture. "Take-home" voice recordings will be made.

Colored slides and movies will be shown during the following sessions: Touring the West, Touring Three Continents and Touring Illinois 4-H Club Camps.

A music hour will begin at 8 o'clock. Forty-five minutes of variety acts will be presented during the floor show, which begins at 8:30. A mixer and dance will be held in the ballroom starting at 9 o'clock.





Potato Tricks--Easy, Quick to Do

URBANA--Dress up that "everyday" potato and make it an extra-special vegetable in your meals. With supplies heavy and prices low, you'll want to serve potatoes in many ways.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, points to the nutritive value of potatoes as the reason for serving them often. Because of the quantity eaten, potatoes can be an important source of vitamin C. They also contain thiamin (vitamin B<sub>1</sub>) and niacin.

For quality buying, choose potatoes that are firm, smooth, fairly well shaped, reasonably clean and relatively free from blemishes. Avoid a green color; it is sunburn or light burn which usually makes potatoes bitter.

Potato crust is a good way to give left-over vegetables or meat a lift. Line a baking dish with mashed potatoes. Fill the center with vegetable stew and left-over bits of meat or fish. Cover with mashed potatoes and bake at 400 F. until hot through, or brown on top.

Potato puffs are also attractive and tasty. To three cups mashed potatoes, add one egg yolk, hot milk to moisten, two tablespoons melted fat, and salt to taste. Beat well. Fold in one stiffly beaten egg white. Pile lightly into a greased baking dish. Bake at 375 F. for 30 minutes or until puffy and brown.



### How to Clean Lamp Shades

URBANA--Check the fabric shades on your lamps to see whether they need cleaning. You may get more light for winter reading if you wash them.

Home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture, says "Fabric lamp shades that are sewed--not glued--to the frame may be washed at home. Parchmentized shades may be dusted with a soft cloth or cleansing tissue."

You can wash that fabric lamp shade in the bathtub. Here are directions: First, dust the lamp shade with a soft-bristled brush. Be sure to get the dust out of all the pleats, loops and trimmings.

If the shade has colored trimmings, test in an inconspicuous place to see whether the color will run. If it does, remove the trimmings before washing. Remove any metallic trimming or other type that will not wash.

Place the shade in lukewarm sudsy water in the bathtub. Brush with a soft-bristled brush inside and out. When the water becomes soiled, use fresh suds.

Careful rinsing is important, Miss Iwig says, in order to avoid stains. Rinse several times, using water of the same temperature for rinsing as for washing.

Set the shade on a bath towel after it is rinsed, and let it drain. Do not rub it, says Miss Iwig, because rubbing may get the fabric out of shape or may cause rub marks.



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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 22, 1951

## Sports Festival Dancing to Be Held During Farm and Home Week

URBANA--Parts of the annual Sports Festival will be held during Farm and Home Week at the University of Illinois February 5-8. This is the second year that the Folk and Square Dance Festival will be held during Farm and Home Week instead of during August.

Miss Janice Beckstrom, assistant in rural sociology extension, University of Illinois College of Agriculture, says, "Folk and square dancing groups will compete in two classes--Rural Youth and open--from 9 to 3 o'clock Wednesday in the Women's gym. Square dance callers and bands will also compete."

Some of the outstanding A groups will take part in exhibition dancing during the Winter Festival to be held at 7 o'clock that evening in the George Huff gym.

Other features of the Winter Festival are equipment games, circle mixers, and group singing. I. E. Parett, secretary of the Illinois Farm Sports Festival, will speak briefly on the philosophy of the Sports Festival. After the folk and square dance demonstrations, dancing and mixers will be open to everyone.

The Illinois Farm Sports Festival is sponsored jointly by the University of Illinois College of Agriculture and the Illinois Agricultural Association.





Consider Care; Use of Accessories for Your House

URBANA--When you buy new accessories for your house--flower containers, pictures, lamps, or others--be sure to consider their use and the amount of time that will be needed to keep them in condition.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says that some women spend valuable time or money--sometimes both--on accessories that aren't attractive, easy to care for, or usable.

Frilly table scarves take extra time to wash and iron; small trinkets for shelves require careful and frequent dusting. Paper plates, trimmed with ruffles and decals, are hard to clean and do not add to the attractiveness of your walls. When you consider the time it takes to make one, the cost of the decal and ruffle, and compare it to the time it will last, the total cost may be more than you realized.

Perhaps such questions as these will help you decide in selecting accessories for your house: Will I have time to take care of it? Will it be attractive in the particular room in my house; will it "go" with other furnishings and accessories? Will it be usable (even as a decorative item) for a reasonable period of time?



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# homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 29, 1951

## Home Economics Coeds to Speak to High School Students

URBANA--Seventeen University of Illinois home economics students will act as "good will" ambassadors to 19 counties during the semester vacation February 1-8.

The students will speak to high school girls to acquaint them with opportunities for women at the University and in the home economics department. They will also talk about cost of living, housing, activities and jobs while in college.

This is the premiere performance of the "good will" tour by the home economics students. They will speak to students at the high school in their area or the one from which they graduated. The project is sponsored by the Home Economics Student Council and the home economics faculty.

The girls and the high schools they will visit are: Dorothy Baity, Clay City Community High; Patricia Bast, Petersburg-Harris High; Barbara Buchholz, Melvin-Sibley Unit; I. Jean Cox, Champaign Senior High and Urbana High School; Lois Crawford, New Windsor High and Allwood Senior High; Shirley Erickson, ROVA Community High.

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Wilma Graesser, Trenton Community High; Margie Groves, DeKalb Township High and Sycamore Community High; Evelyn Johnson, Athens Community High; Mildred Kornegger, Crossville High; Viva L. Moody, Erie Community High and Hillsdale Community High.

Barbara Murphy, Carthage Community High; Delores Parrott, Sumner Township High; Mary Serven, Prairie City Community High; Lorna Springer, Fairfield High School; Barbara Thiebaud, Greenfield Community High; and Phyllis Wise, Arthur High.

Another project sponsored to acquaint high school girls with the University and the home economics department is Senior Hospitality Day, to be held for the second year in April. Senior high school girls are invited to visit the campus and to tour the home economics laboratories and classrooms.

Members of the Home Economics Student Council are Lois Crawford, New Windsor; Marilyn Womeldorff, Wheaton; Justine Ebert, Valmeyer; Patricia Price, Champaign; Barbara Murphy, Carthage; Rosemary Archibald, Joliet; Marilyn Augspurger, Lincoln; and Dorothy Giese, Peru.

Faculty advisers are Dr. Janice M. Smith, head of the home economics department, and Mrs. Carolyn W. Green, assistant in textiles and clothing.



Varied Homemakers' Program Scheduled

URBANA--The Homemakers' Program for the 50th annual Illinois Farm and Home Week February 5-8 follows the motto "The home is the center of every woman's interest, but not the circumference."

Subjects range from "The United Nations in Action" by Kenneth S. Carlston, University of Illinois professor of law, to a foods demonstration on "How to Select, Prepare and Serve Fish" by Miss Rose G. Kerr, Fish and Wildlife Service, Washington, D. C.

Talks beyond the scope of home interest are: "Youth in Action" by two outstanding Illinois youths, Dianne Mathre, DeKalb, and Wendel Swanson, Rockford; and "Personal Needs for Self-Improvement" by a University of Illinois education professor, H. C. Hand. A Michigan State College specialist, Mary Whitlock, will explain how homemakers write merchandise standards. Miss Whitlock was formerly a member of the University of Illinois home economics department.

Subjects devoted especially to the home are "Your Food Habits and Health" by Dr. Sadie Morris, Eastern Illinois State College; "Combining Old and New Furniture" by Helen A. Ludwig, University of Minnesota; and "Behavior Changes in Adolescence" by Dr. Louise Bates Ames, Gesell Institute of Child Development, New Haven, Connecticut.

Home management specialist Madonna Fitzgerald, University of Missouri, will discuss "Family Satisfaction From Housing." Three housing talks will be given by members of the agricultural engineering and home economics departments. The Illinois Safe-Homes awards will be presented for the eighth continuous year.

J. Carroll Bottum, assistant chief, agricultural economics, Purdue University, will explain "Why Prices Rise and What We Can Do About It." Two University of Illinois economists will discuss questions about prices farm families receive and pay.

Special classes in home economics will be conducted Monday, Tuesday and Wednesday afternoons from 4:30 to 5:30 o'clock.



Teach Your Child to Share--Here's How

URBANA--Your child's "share-ability" doesn't come as naturally as walking or talking. He must learn how to share.

Miss Margueritte Briggs, child development and parent education specialist, University of Illinois College of Agriculture, says that a child learns how to share by having satisfying experiences in sharing.

Parents need to set the stage for these gratifying sharing experiences. One way is to be an example to their child. If parents and other children share the responsibilities of family tasks, the child will soon want to begin by doing little jobs, such as placing silverware on the table or bringing the paper or mail into the house.

Planning a social experience for your child is another way to teach the satisfaction of sharing. For example, Mother might invite a child or two over for a snack of apples or graham crackers and milk. An abundance of snack items will prevent your child from worrying about enough for himself; he'll be able to enjoy the sharing, particularly when he knows his mother is kind and friendly toward other children, just as she wants him to feel toward them.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 5, 1951

## Use Short Time, Little Water for Vegetables

URBANA--Get your money's worth from the vegetables you prepare for your meals. Keep the nutritive value through proper cooking methods.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, quotes this verse which emphasizes the right cooking method for vegetables:

"Short time and little water,  
Makes them taste like they ought to."

Cook vegetables just until they are tender--not a minute longer. They will taste better, look better and be more nutritious.

Use as little water as will prevent burning. To cook vegetables satisfactorily in a small amount of water, you need a fairly heavy pan that has a flat bottom, straight sides and a tight-fitting lid. If you do not have a pan with a tight-fitting lid, try using a pie tin in place of the warped cover until you can get a more satisfactory utensil.

One of the easiest and best ways to save nutritive value is to cook the vegetables in their skins. Another way to prevent the loss of some nutritive value is to use a good vegetable brush or peeler if you are going to peel the vegetable. It saves time and energy as well as nutritive value.

Peel and cut vegetables just before they are to be cooked or served. And prepare and cook only enough for one meal.



Storage Space--How to Make the Most of It

URBANA--Before you add another closet to a room or remodel the house to get more storage space, examine the cabinets, closets, and shelves you already have to see whether you're making the most use of them.

The answer to the need for more storage space may be the simple addition of more shelves that are placed closer together, says Miss Helen E. McCullough, housing research specialist, University of Illinois College of Agriculture.

"Many feet of storage space are wasted in margins," she says. Shelves may be too deep or may be placed too far apart. For example, bookcase shelves are usually 12 to 14 inches deep, but a depth of only 9 inches is needed for most books.

To make the most of available space, tailor the space to the article to be stored, says Miss McCullough. Shallow shelves make articles easy to see, easy to reach and easy to grasp.

For example, shelves to store your dinnerware need to be only 12 inches deep. The largest items are the dinner plates, which are about 10 to 11 inches wide. Identical articles, such as glasses, cups and sherbets, are accessible even though they are stored more than one row deep on 12-inch shelves.

Shelves placed six or seven inches apart will accommodate most dishes without the need to stack unlike articles. More space might be left above the top shelf to take care of tall articles, such as vases or pitchers.





"Family Satisfaction in Housing"--How to Get It

URBANA--Getting the most satisfaction in housing does not depend wholly on how much money is spent or what it buys in physical surroundings.

That's what Miss Madonna Fitzgerald, extension home management specialist, University of Missouri, told homemakers who attended the University of Illinois Farm and Home Week at Urbana on Thursday. She advised families who want to improve their housing to consider the following points:

1. Housing costs--including operating and maintenance costs--need to be fitted to family income. Progressive improvement--adding as one's time and income permit--provides satisfactory and economical results.

2. Housing improvements should be considered an investment, with expected returns over a period of years. Families might place a priority on improvements, beginning with those that will contribute most to income (directly or indirectly), to family health, to conservation of time and labor, and to family satisfaction and comfort.

3. Families should make maximum use of existing housing before adding new housing. They should adapt the plans and organization to serve the functions of family life and the needs of individual members and also to provide an opportunity for gracious and harmonious living.

4. The practical viewpoint needs to be emphasized, said Miss Fitzgerald. Specifications should be adapted to family needs wherever possible.



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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 19, 1951

## Fish Fillets--Tasty, Quick to Prepare

URBANA--Fish fillets take little meal preparation time. You can pop them into the broiler 10 minutes before the meal and they'll be ready to serve.

Supplies of frozen fish fillets are tops now; prices are moderate. There is no waste, because fillets are boneless solid pieces cut away from the sides of the fish.

Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture, says the reason some people don't like fish may be that it has not been properly cooked. She recommends a low temperature and short cooking time to keep the fish moist and tender. Here are her suggestions for broiling fillets:

If time permits, thaw the fillets before broiling. Wipe them dry with a damp cloth. If desired, dust lightly with flour, cornmeal or cracker crumbs. Preheat the broiling compartment (but not the pan) for 10 minutes.

Place the fillets skin side up on the broiler pan about two inches from the source of heat. Baste with melted butter or margarine. Turn carefully. Broil for five to eight minutes.

A test for doneness: When the fish loses its semitransparent look and becomes white or creamy colored, it has been cooked long enough. At this stage it is tender and moist.

If there is no time to thaw frozen fillets, you can broil them frozen. Place three inches from the source of heat, and allow a little longer cooking time.





Buying Print?--Check for Off-Grain Design

URBANA--When you shop for printed fabrics, check both the design and the grain. See if the design is printed on the true grain of the material. That is, it should be straight with the up-down and the crosswise yarns of the fabric.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says that a garment made from material that is printed off grain will not hang correctly without distorting the design. It will be necessary for you to sacrifice either the hang of the garment or the matching of the design.

Any fabric can slip in the printing machinery and be printed off grain. This applies to expensive silks, as well as to percale, dimity, chintz, and even oilcloth.

If the design has lines in it, or is a regular pattern that forms lines, its easy to check. The torn end of the material is your best guide. You can see very distinctly if the design is not printed with the grain of the cloth.

Check this important point--the relation of the design to the grain line of the material--at the counter before you make your purchase.





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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 26, 1951

## Use Catalog Information to Plan Garden

URBANA - A good supply of nursery and seed catalogs is the first requirement for sound garden planning, says Lee A. Somers, vegetable gardening specialist, University of Illinois College of Agriculture.

He advises getting two or three different catalogs so that you can select varieties for your garden according to your needs, climatic requirements, disease resistance, etc.

The catalogs give such helpful information as the planting time and the number of days it takes to grow each variety. You can choose according to the length of the growing season in your particular area.

If such diseases as cabbage yellow or tomato wilt destroyed those vegetables last year, you'll want to choose varieties resistant to them. Your catalogs will tell you what varieties are resistant.

The amount of seed necessary for rows of certain lengths is usually listed in the catalogs. You'll find these facts especially helpful if you estimate family needs by the row.

You need new catalogs each year, says Somers. Be sure to order your supply promptly so that you can use the helpful catalog information and save time in planning your garden.



Prepare Eggs With Herbs--Here's How

URBANA - Surprise your family with a tasty and unusual main dish on that meatless day. Flavor hard-cooked eggs with mixed herbs, and bake with butter, cream and beaten eggs.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, says you can use fresh or dried herbs to flavor this egg dish. If you use fresh herbs, be sure to cut or chop the leaves quite fine.

Bake this egg mixture in individual custard cups or ramekins. Garnish with chopped parsley or celery leaves; and the individual cups can go to the table "as is" from the oven.

EGGS IN RAMEKINS

4 hard cooked eggs	2 tablespoons butter
2 tablespoons fresh mixed herbs	1/4 to 1/2 teaspoon salt
or	2 eggs, beaten
1 <u>teaspoon</u> dried herbs (thyme, basil, savory, marjoram, parsley)	1/2 cup cream

Finely mince the hard-cooked eggs. Cook herbs in butter for three to five minutes. Do not brown. Add minced eggs, salt, beaten eggs and cream.

Place in well-buttered custard cups or ramekins. Bake in moderate oven (350 F.) 15 to 20 minutes. Serve at once.

To complete the meal, you might serve sliced baked potatoes, a cabbage-carrot slaw and fruit. Place the potatoes in the oven about 15 to 25 minutes before the egg dish is ready for baking. Just slice the peeled potatoes, brush them with fat and bake in a shallow, greased pan.





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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 5, 1951

## Use Mild Scouring Powders--Make One at Home

URBANA--Check the coarseness of the scouring powder you are using for your sink. Rub a sample between your thumb and forefinger--if you feel sharp particles, the powder is too harsh and will scratch the porcelain.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, says that gritty scouring powders readily remove grease and dirt, but their action may be so "magic" that the surface is marred before one is aware of it. Scratched porcelain will stain and soil easily, making future cleanings more difficult.

Shop around until you find an abrasive that will remove the soil, but not scratch or dull the finish on your equipment. Or make a mild scouring powder at home.

The homemade mixture consists of equal parts--by weight or measure--of a detergent and whiting. The detergent gives a "sudsing" action to the mixture. Whiting is a fine-grained, powdered chalk, available at drug and paint stores.



Mend the Sewing Machine Way--Saves Time

URBANA--Save time mending those play and work clothes, slips, and towels by darning the sewing machine way.

If your machine has the reverse feeding mechanism, you know that you don't need to turn the cloth around each time you make a row of stitching. Just sew back and forth over the torn or worn place, reversing the stitching direction with the control.

Clothing specialist Fern Carl, University of Illinois College of Agriculture, suggests the following techniques if your machine does not have the reverse stitching control.

You can remove the presser foot and replace it with a darning attachment. Then follow the same steps as given above. Or you can mend on the sewing machine without an extra attachment. You'll need to decrease the pressure enough to let the cloth slide backward and forward under the presser foot. You may be able to drop the feed dog automatically. Read your instructions for directions.

If the pressure cannot be decreased automatically, either unscrew the presser bar screw or hold up the presser foot.

Hold up the foot by tying it with strong tape, a strip of cloth, or a piece of wire. Or you could insert a match stick under the presser bar lifter. You might even hold the presser foot by raising the pressure bar lifter slightly with your hand. This particular method is recommended only for a short mending job.

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## Mend the Sewing Machine Way - 2

If you removed the presser foot for the mending job, place the material to be darned in embroidery hoops. Slip the hoops under the needle and stitch over the place to be darned. Move the hoops backward and forward.

You will be unable to use the embroidery hoops if the presser foot is not removed. Be sure to hold the cloth taut and smooth.

Regulate the length of the mending stitch by the movement of the material. You'll need to practice until you can coordinate your speed of movement with the speed of the stitching. If you move the cloth quickly, the stitch will be long. A slow movement results in a short stitch.

COC:lw

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To Keep That Herb Flavor, store dried herbs in closely covered cans or jars--never in paper bags or boxes. Tight covers are necessary because the flavoring oils evaporate easily.

-30-

COC:lw  
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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 12, 1951

## Take Good Care of Your Oven

URBANA--A neglected or abused oven can strike back at you with poorly baked products and high fuel bills. Ill-fitting oven doors probably cause the greatest trouble.

Be gentle with the oven door if you want it to keep a tight fit to retain heat and bake evenly, says Miss Margaret Goodyear of the home management department, University of Illinois College of Agriculture. Banging the door or resting heavy weights upon it can strain the hinges of the best-made door.

Use a piece of paper to check the fit of your oven door. The top should fit tightly enough to prevent you from pulling the paper out easily when the door is closed on it. The bottom edge of the door should not fit tightly, but should have 1/8-inch space to let air circulate through the oven.

Sometimes a simple adjustment can be made by a family member; at other times a serviceman may be required.

Leave the oven door open 2 or 3 minutes after turning the oven on, so that moisture condensing on the cool surfaces can escape. If you close the door at once, the moisture may rust any part that's not rust-proof. When you have finished using the oven, leave the door open for a few minutes to dry the oven thoroughly.



What Did You Eat for Breakfast?

URBANA--If you wonder why you get a let-down--perhaps irritable--feeling each morning around 10 or 11 o'clock, the answer may be the breakfast you didn't eat.

Extension nutritionist Grace Armstrong, University of Illinois College of Agriculture, calls attention to the need for a good breakfast each morning. This meal breaks a fast of 12 or more hours--"break (the) fast"--she says. The body needs a good supply of food to give added energy for the new day.

Most of our school children aren't getting a substantial breakfast, says Miss Armstrong. A recent survey in 12 Illinois counties showed that only 10 percent of 8,114 children who reported were getting what nutritionists call a recommended breakfast.

What is a good breakfast? About one-fourth to one-third of the daily food needs should be included in the first meal of the day. The basic pattern is fruit or fruit juice, breakfast cereal or meat or eggs, whole wheat or enriched bread, butter or fortified margarine and milk.

A breakfast following this pattern with cereal and top milk or thin cream as the main dish, costs only about 15 cents, or about one-sixth of the day's total food bill. Yet for most people it provides from one-fourth to one-third of the day's food requirements. That's a bargain everyone should buy!





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 19, 1951

## High School Senior Girls Get Invitation to University

URBANA--Senior girls from all Illinois high schools have been invited to attend the second annual High School Hospitality Day sponsored by the University of Illinois home economics department.

April 7 is the day the senior girls will get a first-hand glimpse of the University of Illinois campus and the home economics laboratories and classrooms. The program is planned so that the girls can meet the home economics students and staff members and get a panoramic view of class activities.

The Home Economics Student Council, a representative student group, has planned the day's activities from registration to the style show during the afternoon. Faculty members and other students are cooperating in plans for exhibits, demonstrations and tours of Bevier Hall, the center of home economics activity, and other campus buildings.

Interested high school seniors and a faculty member from each school are invited to attend High School Hospitality Day at the University on April 7.

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Three C's for Easier Cleaning

URBANA--Make your weekly and seasonal cleaning easier by following the three C's suggested by home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture.

1. Collect your cleaning supplies in one place. Many homemakers keep dustcloths, waxes, and polishes in a cleaning basket which they carry from room to room. One homemaker says she finds that a shoe bag--the type that hangs on a closet door--makes a convenient cleaning apron.

2. Conserve your energy by planning. Make a flexible plan for cleaning each day, week or season. Don't try to crowd the main jobs into one day or several weeks in a season.

Study the job to see whether you can eliminate any part of it. For example, definite places (labeled if necessary) for out-of-season storage can simplify the job of sorting and putting things away or getting them out of storage.

3. Choose and use efficient tools. Make full use of each piece of equipment. Use the vacuum cleaner attachments to their fullest advantage.

Select the brushes, mops or applicator best suited to the job you have to do. Long-handled wax applicators can save energy because you won't have to bend during the waxing job. One long-handled dust mop could be reserved especially for the job of reaching the tops of doors or corners for dusting.



A Quick-and-Easy Easter Breakfast

URBANA--A few minutes' preparation on Saturday will enable you to serve Easter breakfast in a jiffy.

When you hard-cook eggs for the children's baskets, just add a few extras for the breakfast dish of eggs á la goldenrod on toast. Miss Grace Armstrong, extension nutritionist, University of Illinois College of Agriculture, suggests this dish because it won't take a lot of time on Easter morn.

Hard-cook the eggs in simmering hot water for about 25 minutes. When they are cooked, dip them into cold water so that the yolks won't discolor. Peel the eggs and store them in the refrigerator. Then oven-toast thin slices of bread to make dry melba toast.

For the final job on Sunday morning, follow these suggestions by Miss Armstrong: Make a medium white sauce with two tablespoons each of butter and flour, one-half teaspoon of salt and one cup of milk. Add to the sauce the chopped hard-cooked egg white and about half of the yolks. Mix and pour over the melba toast.

Force the rest of the yolks through a strainer, and sprinkle them over the sauce and egg mixture. The yolks look like colorful goldenrod; that is how the dish got its name.



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for weeklies

# homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 26, 1951

## A Safety Check for Housecleaning Time

URBANA--Check each room in your house for safety as you do your weekly or seasonal cleaning. That's one way to prevent home accidents which last year took the lives of 31,000 persons.

Falls are the number one accident killer. Take steps to prevent them by following these suggestions by Mrs. Ruth C. Freeman, home economics department, University of Illinois College of Agriculture. Mrs. Freeman is coordinator of the Illinois Safe-Homes program.

Check the handrails on stairways to see that they are secure. Halls and stairways should be well lighted. It's easy to fall when you're groping around in the dark. Remove those small scatter rugs from the top and bottom of stairways. If you want to use them in any other part of the house, be sure they are skid-proof.

If there are small children in your family, provide a gate at the top and bottom of stairs. Hook screens securely so that your children won't fall out the window if they push against the screen.

Fire caused 5,000 deaths last year. Help to prevent fire by removing all paper and rubbish from the basement and attic. Check electric cords and fixtures; have them repaired if necessary. Clean and repair flues, pipes and chimneys.

Do as much as you can to prevent accidents in your home. A check sheet, "Home Hazards to Check and Correct," is available from the University of Illinois College of Agriculture, Urbana. It includes more safety practices to prevent falls and burns.



Aprons to Save Your Knees--How to Make Them

URBANA--You probably have more "kneeling chores" than usual this time of year. You'll be giving extra-special attention to floors and woodwork, plus doing "down to earth" jobs in the garden and yard.

Two aprons that will make these kneeling jobs easier have been designed by the Bureau of Human Nutrition and Home Economics, United States Department of Agriculture. Both designs feature padded and waterproof sections for protecting the knees.

One of the aprons consists of two free-hanging panels. Each panel is held in place by fastenings behind the knees so that from the front it looks like a pair of knickers. This knicker apron is comfortable for jobs that combine kneeling with active work.

The other apron is designed with a reversible pouch arrangement across the bottom. When folded up, the pouch forms a pocket for carrying small tools or other items. When you want to kneel, simply unbutton the pocket and turn it inside out and over the knees. When lined with washable and waterproof plastic, the kneeling pocket is excellent for protecting the knees from soil and dampness.

Directions for making these apron patterns are illustrated in a folder, "Aprons for Kneeling Jobs--Indoors and Out." To get your copy, write to the College of Agriculture, University of Illinois, Urbana.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 2, 1951

## Choose Fabrics for Comfort and Easy Care

URBANA--Choose summer fabrics that will be a joy to wear and yet will keep summer laundry problems at a minimum.

Smooth-finished materials don't collect dirt so readily as rough ones. Medium-weight cottons can be worn around home without a slip.

University of Illinois clothing specialists suggest that the home sewer check materials for certain basic service qualities before she buys.

Materials should be labeled to assure against excessive shrinkage. The fit of the garment will be lost in washing if the material shrinks more than 1 or 2 percent.

Labels should also tell whether colors will fade with washing, sunlight and perspiration. It is discouraging to have garments fade and look old and worn before their time.

Wrinkle-resistant finishes can minimize the upkeep of cotton, linen or rayon fabrics, while cottons with permanently crisp finishes don't have to be starched.

Gay colors are nice for summer clothes, but colors don't have to be harsh or gaudy. Prints with colored backgrounds or all-over patterns don't show dirt or wrinkles so readily as do materials with white backgrounds or spaced patterns.



Weekly Food Plan--For Health and Thrift

URBANA--Keeping food costs down and providing your family with the daily food they need is a harder job than usual these days.

Miss Geraldine Acker, foods and nutrition specialist University of Illinois College of Agriculture, says that planned meals and planned buying work together for health and thrift. She recommends the basic-seven food groups as a helpful planning guide.

Plan your meals ahead, she says, keeping in mind your family needs. Be sure to include the basic-seven groups in each day's meals. Use this plan as a guide for your marketing.

For thrift, plan meals which also include plentiful foods. Another way to stretch the food dollar is to buy foods according to the way you're going to use them.

For example, if you're going to use canned fruit in a mixed salad, you can buy a quality that has unevenly sized pieces. But if you're going to serve it as a dessert or breakfast dish, you will probably need the uniform whole fruit.

No matter what quality of canned food you buy, the nutritive value is the same. The difference is mainly in uniformity of size and appearance.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 9, 1951

## Safe Storage Protects Wool Clothing

URBANA--Store those precious winter woolens carefully so that they won't make good eating for the clothes moth.

Textiles and clothing specialist Florence King, University of Illinois College of Agriculture, says the first step in protecting clothing against moths is to store it clean.

Send your wool clothing to a dry cleaner before storing it. Dry cleaning kills moths and destroys eggs and larvae.

When the clothes are returned from the dry cleaners, be sure to store them right away. Don't give the moths a chance to get into them again.

Seal the clothing in paper bags or boxes to store in trunks, chests or tight closets. Or you might use paper or plastic garment bags.

As an extra precaution, use flake naphthalene, moth balls or paradichlorobenzene. You can buy these inexpensive crystals or balls by the bulk. Tie them in a cloth sack and hang them high in the garment bag or the closet. Or you can sprinkle them in the trunk or chest; they will not harm fabrics.





Add Color to Jacket, Coat With New Lining

URBANA--A bright new lining can give that summer coat, bolero or suit jacket an eye-catching look. And this is an inexpensive way to bring the garment into step with current fashions.

Miss Susanna Colton, clothing specialist, University of Illinois College of Agriculture, has these special relining tips to add interest to the sleeves:

When you reline the sleeves, cut the lining a bit longer than the pattern indicates so that you can bring the lining right to the sleeve edge. Tack it securely so that you can roll the sleeve back to make attractive cuffs--the season's most fashionable detail.

Another way to add gay color to sleeves is to cut a two- or three-inch slit from the sleeve edge at the seam or the opposite side and bring the lining close to the slit edge. The bright lining will show when you move your arms.

Face the cut opening with the sleeve fabric. Then slit the colored lining at the same point and sew a fine row of stitching around the lining opening as close to the edge as possible.

Fold the lining edge at the slit about one-eighth to one-fourth inch. Tack it securely but invisibly to the sleeve opening.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 16, 1951

## Plan Your Redecoration Job

URBANA--If you are redecorating your rooms this season, be sure to make a plan before you start such an important job. A plan pays off in enjoyment and in a saving of time, energy and money.

Miss Kathryn Weesner, home furnishings specialist, University of Illinois College of Agriculture, says the beginning step is to take stock of your rooms. Be sure to keep in mind the total effect you want to achieve.

Consider the size and shape of the rooms. Different-shaped rooms need special treatments. For example, to make a long, narrow room appear shorter and wider, you can paint the side walls a light shade and the end walls a darker color.

Next, choose the colors for your rooms. Try to plan a combination that harmonizes from room to room. Selecting a unified color scheme will do a lot to visually "hold" the old and new furnishings together.

Decide what furniture you'll keep and what new pieces you'll buy. You may want to bring the old furnishings up to date by removing frilly decorations and refinishing or painting them. New slip covers are good for adding color.





Make the Fitting Job Easier--Here's How

URBANA--Well-fitted garments are professional-looking ones. You can make the final fitting job easier by making a row of stitching on the major parts--skirt, blouse, sleeves---of the garment.

Miss Thelma Long, clothing specialist, University of Illinois College of Agriculture, recommends marking the lengthwise and crosswise threads of the garment pieces after the pattern is removed. You can do it with machine basting or hand stitching.

These rows of stitching help you to see at a glance whether all lines of the weave are either parallel or perpendicular to the floor. This point is a "must," Miss Long says, if a garment is to fit correctly. If the basting lines are in the correct position, you will not need to refit or adjust the garment as far as the grain is concerned.

An improper fit due to figure irregularities is particularly obvious when you have a basting line marking the crosswise and lengthwise grains. For example, if the center front or back of the skirt is slanting to the right or left--rather than being perpendicular to the floor--the cause may be that one hip is higher or larger than the other.

Perhaps the crosswise marking on the back of a skirt curves down when it should be parallel to the floor. A sway back is usually the cause. The uneven lines of stitching are signals for a refitting job.



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# Homemaking news



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 23, 1951

## Supply of Preservation Equipment Ample

URBANA--A slightly decreased, but ample, supply of home food preservation equipment is expected this season.

Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture, says that homemakers may need to make a few changes in the type of material they use for home preservation.

At present there is a good supply of papers and cartons for freezing. However, pliofilm and polyethylene fillers, which are commonly used with the square containers, are limited. Each homemaker should determine how she can use her supply to best advantage. This pertains particularly to any supply of aluminum foil which she may have on hand.

For canning, you will find an ample supply of glass jars, and there will be about the same amount of lids and jar rings this year as last.

You may find it difficult to obtain tin cans for food preservation. However, special allotments have been made to community canning centers.

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FOR RELEASE WEEK OF APRIL 23, 1951

Local Women Plan Home Economics Program

URBANA--"Today's Home Builds Tomorrow's World" is the theme for National Home Demonstration Week April 29 to May 5. Women who are active in the county home economics extension program are being recognized for their leadership in improving homemaking.

Women in the county plan their own program under the guidance of University of Illinois home economics extension specialists--state leaders and the county home adviser. And, because the women plan the program, they find that their individual or group problems and questions are answered during the year.

One of the subjects which was written into the programs for 94 counties during 1950 was home furnishings. Families wanted to learn how to make the most of their furnishings dollar. They studied refinishing furniture, slip covering, window treatment, flower arrangement, lighting, room arrangement and other subjects. Home advisers, local leaders and other specialists conducted 6,887 meetings which were attended by 48,778 homemakers.

Many other subjects are included in the county programs. Some of them are child development and family relations, foods and nutrition, textiles and clothing and home management, which includes money management, time and motion studies and legal matter in addition to the study of equipment and its use.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 30, 1951

## What Is a Good Dry-Cleaning Job?

URBANA--Just what can you expect from a good dry-cleaning job? And how can you help your dry cleaner do a good job?

After a good dry cleaning, garments will be perfectly clean and free from odors, and their original color will be retained. All spots and stains will be removed if it is possible to do so without injuring the fabric or color.

Clothing specialist Edna Gray, University of Illinois College of Agriculture, says the customer can help the dry cleaner do a good job by telling him what caused the spot or stain and whether any attempt has been made to remove it. With this he can determine the method and solutions he should use to remove spots or stains.

A good dry-cleaning job will leave a garment free from wrinkles and impressions made by seams, pleats or buttons. Pleats will be sharp, straight and evenly spaced. Seams, pockets and cuffs will be free from lint.

If the customer asks that his garments be given some special attention, such as hand pressing, the cleaner will see that it is done. And any trimming, buttons or ornaments that are removed before the dry cleaning will be replaced.



Refinish Furniture--To Save Furnishing Dollars

URBANA--Stretch your home furnishings dollars by refinishing furniture at home. And you may even be able to improve the style by removing extra trimmings, shortening legs or adding new handles.

Home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture, suggests examining each piece of furniture carefully when choosing it for refinishing to see that it is well constructed. A sturdily constructed piece of furniture is worth the time and effort necessary for the refinishing job.

If minor repairs are needed, be sure to make them before you begin the refinishing job. Loose joints may need to be reglued. Be sure to take off all the old glue before applying the new.

Main steps in the refinishing job are removing the old finish, preparing the surface for the new finish and applying the new finish.

Complete steps and directions are included in a University of Illinois bulletin, "Refinishing Furniture." A copy is available from the College of Agriculture, Urbana.

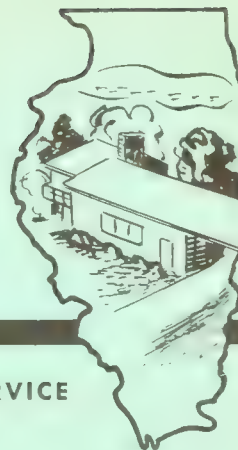
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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 7, 1951

## How to Defrost Your Home Freezer

URBANA--Stocks of food are running low in home freezers, so now is a good time to defrost the box and give it a thorough cleaning. says home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture.

Manufacturers' directions for defrosting their various boxes are quite similar--the idea being to do the job quickly so that the food won't thaw and the freezer won't heat up, says Miss Sullivan.

Transfer all the frozen packages to the refrigerator, or else pile them in a carton with chilled blankets or wadded newspapers on the bottom, around the sides and on the top to act as insulation.

Turn the control to "off" and proceed with the defrosting as your manufacturer recommends. When the general defrosting is completed, wash the interior of the food storage compartment with a baking soda solution--three tablespoons of soda to one quart of warm water.

Dry the walls and baskets thoroughly, turn the control to "on" and let the box run for a while to become cold before returning the frozen food to it.

When you rearrange the food in the freezer, place the oldest packages on top so that the food will be used while it is still good.



Check Ironing Board Pad for Thickness, "Springiness"

URBANA--A well-padded ironing board can help to make your ironing and pressing jobs easier. Pads should be "springy" and smooth, and the cover should fit snugly.

Clothing specialist Edna R. Gray, University of Illinois College of Agriculture, says that the two most resilient fibers for pads are hair and wool. Cotton pads quickly lose their "springiness."

Special pads of hair and wool are available. But if you have an old wool blanket on hand, it is a good choice. Or if you live near a blanket mill, you may be able to buy mill ends to use for the padding. Choose a light color or a blanket that has been washed so many times that the color will not run.

Smoothness is a "must," says Miss Gray. There should be no folds, wrinkles or seams, even in the bottom layer of padding. And the ironing board will do more for you if you graduate or "stagger" the thickness of the padding so that the edges of the board are rounded.

This is one good way to pad the board: Cut the first wool pad to exactly fit the board. It should extend just to the edge. Put other layers of the padding over the first pad. A total of one-half inch thickness is good. Cut each pad slightly smaller so that the thickness builds up gradually.

Place the top layer of wool padding over these graduated pads; this layer should come to the bottom edge of the board. Notch



Check Ironing Board Pad for Thickness, "Springiness" - 2

it where the board is curved to remove small pleats of extra fullness that form over the edge of the board. Fasten it with thumb tacks or small carpet tacks.

Use muslin or sheeting for the cover. Other smooth materials can also be used. A rough texture will imprint itself on things you iron. Be sure to thoroughly wash out the dressing or starch before you use it. The cover that goes over the top wool pad should extend just to the bottom edge of the board.

Make the top muslin cover so that it is easy to remove for washing. It's possible to make a fitted one, or you may cut the cover at least six inches wider than the board. Make a narrow hem on the edge and run a strong cotton tape in this hem.

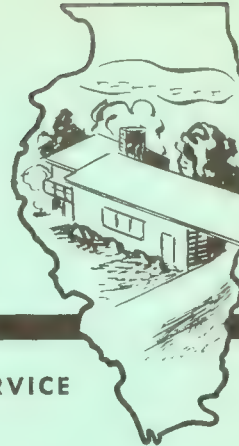
If you wish, you can sew elastic around the wide end of the cover so that it fits snugly. When the cover is placed on the board, draw the tape up tightly.





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# Homemaking news



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FOR RELEASE ON RECEIPT

## Test Fabric Design Before Buying

URBANA--Before buying material for summer sewing, make an over-the-counter test to check its design or pattern.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, recommends an over-the-counter test because some methods that are not satisfactory are being used to apply design to fabrics.

Tests were made at the University home economics department on fabrics selected from the retail market. Pastel organdies with a design or pattern and labeled "permanent finish" were purchased for a problems course in textile testing.

The fabric was good quality from the standpoint of cloth-count and color. Judged on eye appeal only, the organdy would have been a happy choice for graduation dresses, bridesmaids' dresses or summer formals. However, after one careful washing most of the design had vanished, as had all of the original crispness of the material.

The process which was used in applying the design to the fabric is known as the electrostatic process for attaching fibers.

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## Test Fabric Design Before Buying - 2

According to Miss King, we can determine whether or not this process has been used before we buy the material.

An easy test is to rub the finger lightly over the design on the right side of the material. Portions of the design will feel like velvet.

Miss King reminds consumers that there are organdies on the market which will hold their design and crispness through repeated launderings and dry cleanings and will give good service. Printed organdies, for example, are satisfactory from the standpoint of design, and they are easy to identify. The design is almost as clear or distinct on the wrong side of the material as on the right.

The best assurance that a finish is permanent or that a fabric will hold its crispness is to launder a sample. Miss King points out that to date standards have not been set for the term "permanent finish." Until standards have been set, we have no assurance of the performance of a fabric carrying the label.

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Tips for Planning Banquets

URBANA--If planning graduation banquets or church suppers is your task for the early summer months, here are suggestions to make your job easier.

Mrs. Winifred Cagle, institution management specialist, University of Illinois College of Agriculture, has a three-point program for successful quantity dinners. She recommends careful planning, detailed scheduling of committee members and a follow-up by committee chairmen.

The general chairman of the banquet should name the chairmen to head three major committees--food preparation, food service and kitchen follow-up. These chairmen and the general chairman will make up the planning committee.

The careful planning that is needed includes choosing a suitable menu according to the time, money and facilities available.

Selection of responsible committee members is also a part of careful planning. These members should be informed of their specific duties. For example, one person on the preparation committee may be given charge of buying the food and keeping simple records of food cost. The follow-up committee is responsible for leaving the kitchen in order.

One final tip from Mrs. Cagle is to combine all information about the banquet--costs, quantities, menus, buying guides, working and serving schedules--into a final record to serve as a guide for the next banquet. This plan eliminates "starting from scratch" for each banquet, she says.

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Self-Help Overalls Make Dressing Easy

URBANA--Your preschool child will find that dressing by himself is easy when he wears overalls with special self-help features. Clothing specialists of the United States Department of Agriculture have designed such an overall, and commercial patterns are available.

Buttonholes at the end of the straps allow Mother to button the long ends of the straps inside the waistband when she puts the clean overalls away. Then, to dress himself, the child steps into the overall, pulls it up and slips an arm under each shoulder strap. Because the straps are already buttoned at the waist front, all he needs to do is bring the bib up and button it at the top and sides.

Other features of this design are the small pleats at the bend of the hips. These give extra seat length, needed for a child's familiar squatting position while playing.

Overalls should have legs wide enough to permit the child to bend his knees easily, but not so wide that they cause him to trip and fall. Adjustable straps and wide hems in the legs allow the overall to be let out in both body and legs. Hems are better and safer than cuffs which collect dirt and won't stay up.

You will find more guides for making a "Child's Self-Help Overall" in the leaflet by that name. It is available without charge from the University of Illinois College of Agriculture, Urbana, Illinois.





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# homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 21, 1951

## Prevent Stretched Necklines and Armholes

URBANA--Home sewers sometimes have the problem of an armhole that's too big for the sleeve or a neckline that seems larger than the collar of a garment. And it's hard to understand, because the armhole or neckline was the correct size when cut.

"Edges cut on the bias or off grain have a tendency to stretch, even with careful handling," says Miss Lucile Hieser, 4-H clothing specialist, University of Illinois College of Agriculture. There's an easy way to prevent this stretching so that the parts of the garment will go together correctly. You can do it by stay-stitching.

Staystitching is a row of machine stitching that holds the grain line in position. It is placed on curved edges of garment pieces before they are stitched together.

Make the stitching about 1/8 to 1/16 inch outside the seam line. Use the cloth guide on your sewing machine to help stitch straight.

Direction of stitching is important, Miss Hieser says. Run your finger along the cut edge once in each direction. In one direction, the fabric will stay in place as your finger goes along the edge. And as you run your finger the opposite way, the fabric will stretch. The first way is the correct stitching direction.



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Save Money, Time, Food by Canning Correctly

URBANA--Take extra precautions to preserve those fruits and vegetables correctly this summer. You don't want to waste time, money and food by spoilage.

Extension nutritionist Grace B. Armstrong, University of Illinois College of Agriculture, says that only two basic processes are necessary for successful canning, and they must be followed carefully.

FIRST, food and containers must be brought to temperatures high enough and kept there long enough to destroy the organisms that cause spoilage.

Certain types of foods require higher temperatures than others. For example, low-acid foods, such as asparagus and corn, must be processed in the pressure canner. Some other vegetables, such as tomatoes, are high-acid and can be preserved by the boiling water bath.

Be sure to learn to what temperature each food must be raised and how long it must be held there. Get the figures from a recently published canning timetable.

SECOND, containers must be sealed so that air which may contain spoilage organisms cannot enter. Careful selection of supplies--jars, lids, and rings--often determines whether the seal will be tight.

Check your methods to make sure that you bring the food to a correct temperature for a long enough time and that you seal jars and cans tightly.

During the past several years, the Department has been actively engaged in a program of research and development in the field of artificial intelligence. This program has been carried out in cooperation with the Office of Naval Research and the Office of the Secretary of Defense.

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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 28, 1951

## Serve Greens Often in Salads

URBANA--Every day should be a "salad day," says Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture.

Ample supplies of greens make it easy and inexpensive to prepare many salad combinations. And these salads are packed full of "good-for-you" vitamins and minerals.

Although lettuce is the most common salad green, why don't you add variety by using cabbage, endive, young beet tops, parsley, spinach or dandelion greens?

Be sure to choose fresh, crisp, and tender leaves for salads. And clean them thoroughly in cold water. Return the slightly wet greens to the refrigerator to crisp and cool. If you're making a tossed salad, tear or cut the greens small enough to be eaten easily, but not so small as to lose their identity.

Try different salads according to your family tastes. Serve lettuce with curly endive and spinach or green pepper rings and shredded carrots. Combine shredded cabbage with any of the following: carrots and chopped nuts, carrots and raisins, diced pineapple and marshmallows, or green pepper strips and chopped sweet pickles.

1. The first part of the report is a general introduction to the subject.

2. The second part is a detailed description of the methods used.

3. The third part is a discussion of the results obtained, and a comparison with previous work.

4. The fourth part is a conclusion, and a list of references.

5. The fifth part is a list of the names of the authors, and their addresses.

6. The sixth part is a list of the names of the institutions, and their addresses.

7. The seventh part is a list of the names of the publishers, and their addresses.



Invest Time as Well as Money Into Rug Choice

URBANA--A rug for your house is a big investment. You want good wear from it for a long time.

Before you shop around, invest some time into learning how to determine the serviceability of a rug. Home furnishings specialist Dorothy J. Iwig, University of Illinois College of Agriculture, says "One of the first things you should examine when buying any rug is the closeness of the pile."

Look on the back side of the carpet to determine the density. The closer the rows of the tufts per square inch, the better the carpet will wear. Or push your fingers down into the pile. If the pile is dense, it will be hard to feel the foundation threads.

Don't let the length of the pile influence your decision. A long pile gives the rug a luxurious look and a comfortable "feel" under foot, but does not affect the wear as much as density of pile. You can get the comfortable "feel" by using a rug pad.

The thickness of the yarns also tells something about the durability of the rug. Notice the thickness of the yarn; it may be two-, three-, or four-ply.

Read the label to learn about the fiber or fibers used in the rug. Choose according to your pocketbook and the approximate time you'll want the rug to last.

The label may also give information about colorfastness to ordinary light, cleaning, and to direct sunlight. If the facts aren't included on the label, ask the salesperson.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 4, 1951

## Don't Take Chances With Oven Canning

URBANA--You risk cuts, burns, a ruined stove and food poisoning if you try to oven-can food.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, said today that the oven method of canning should never be used.

Jars may explode or the oven temperature may not be high enough to kill spoilage bacteria in certain foods. The contents of a jar will not heat above the boiling point of the liquid unless the jar is completely sealed. And if the jar is sealed, it is likely to explode.

Use the safe canning methods, says Miss Acker. The one you use depends on the kind of food to be preserved.

High-acid foods, such as peaches and tomatoes, can be preserved in the boiling-water bath. Low-acid foods like corn and beans should always be preserved with a pressure canner. Open-kettle canning should be used only for jams, preserves, jellies, marmalades and pickles.

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Buy Special Patterns for Growing Girls

URBANA--Growing girls need special patterns for their clothing, says Miss Florence Kimmelshue, 4-H clothing specialist, University of Illinois College of Agriculture.

It's not wise to use older sister's pattern and alter it to fit the younger members of your family. The alteration takes too much time, and the pattern is likely to give a poorly fitted garment.

Most pattern companies are making patterns for girls, teen-agers, junior misses and misses; each is designed to fit girls at different stages of growth and development.

Girls' patterns are made for the younger figure with little or no development at the bust line. There may be a dart at the waistline to give only slight fullness over the bust.

Patterns for teen-agers are slightly wider at the shoulder and longer from shoulder to waistline. There may be a small dart under the arm, in addition to the waistline dart, to allow a little more fullness over the bust.

Choose a misses' pattern for a girl who has more width across the shoulders and bustline. Wider waistline and underarm darts on this pattern give more fullness through the bust line. The pattern also has more length than the others.

A junior miss pattern is for the "chubby" girls who need little more width than the average girls. The pattern has shorter lines than the regular size.

Girls' patterns come in sizes 8-14; teen-agers', 10-16; and misses', 12-20. The junior miss patterns are sized from 9 to 11.



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for weeklies

# homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 11, 1951

## Tips for Making Smooth and Creamy Tomato Soup

URBANA--How to make cream of tomato soup that doesn't curdle is a frequent question asked by homemakers.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says that three special methods give a creamy and smooth tomato soup that has little tendency to curdle.

Use the method that is easiest for you to do and most satisfactory in consistency and flavor. They are: Add cold tomato juice to cold milk, add hot tomato juice to cold milk, or, if you want a thicker soup, thicken the tomato juice with flour and then add it to the hot milk.

You can use equal proportions of tomato juice to milk. Or, if you want a creamier soup that is less likely to curdle, use more milk than tomato juice. Mrs. Janssen says, "Never use more tomato juice than milk, because the greater acidity might cause curdling."

Other steps also help to give a smooth, creamy soup. Be sure to heat the soup rapidly, but do not boil it. Add the salt just before serving, and serve immediately.

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Give Your Child Practice in Spending and Saving

URBANA--Help your child learn the "hows" and "whys" of spending and saving by giving him a weekly or monthly allowance.

Mrs. Ruth C. Freeman, home accounts specialist, University of Illinois College of Agriculture, says the art of spending and saving does not come automatically from growing up in a home that has good money management. Individual practice is just as necessary in learning how to spend and save as in learning how to cook, she says.

The size of the allowance depends on the size of the family purse, the family's level of living and the portion of living to be bought from the allowance. Discuss the amount of the allowance in informal family councils.

Help your child plan the use of his allowance in three different ways: spending, saving and sharing. Here are suggestions for allowance uses for your child:

A child four to six years may want to use his allowance in the following way: Spending--candy, gum and other treats; saving--bank; and sharing--Sunday school and gifts.

An older youngster--6 to 10 years--may want to use his allowance in this way: Spending--school and play supplies; saving--something special, such as skates; and sharing--gifts and Sunday school.





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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 18, 1951

## Tips for Painting Outdoor Furniture

URBANA--When you paint outdoor furniture, remember that special steps are necessary when the furniture is metal.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says to be sure to remove all loose or peeling paint before you begin the job. Use emery cloth or sandpaper to remove the loose paint or rust. Buy a paint made especially for metal, and be sure to follow the directions carefully.

If the furniture is wooden, check the surface carefully for marred spots. If any paint is loose, take all the loose paint off and repaint the spots. Then redo the entire piece of furniture.

Some precautions are necessary when you do any painting job: If you scrape or sandpaper lead-painted surfaces, do not inhale the dust. Do the job in a well-ventilated room or out of doors.

Keep your skin as free as possible from paint, and clean your hands thoroughly before eating. Use oil or grease to remove most of the paint, and then wash with soap and water.



Choose Young, Tender Beans for Freezing

URBANA--Green beans that "snap" are the ones that should be prepared for your home freezer or locker. These are the young, crisp and tender beans that give a high-quality frozen vegetable.

Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture, says that you should follow the slogan, "Speed from garden to freezer." This helps to keep the beans crisp and tender.

Working with small amounts--about one pound at a time--will make the freezing job easy for you. And equipment for blanching and cooling is usually suited to the pound batches.

Although the blanching step takes just a few minutes, it is all-important because it checks the actions that cause the food to spoil. This step will also give bright green snap beans that have good flavor and high nutritive value.

Use three quarts of water for scalding one pound of snap beans. Blanch for three minutes, counting the time from the moment the beans are placed in the water. Cool the beans in a large kettle of cold running or ice water. Package immediately. Allow one-half inch of head space for expansion during freezing.

Prompt freezing after packaging is necessary to keep the good quality of the young tender beans.



Cold Jelly Method--Saves Time

URBANA--Save time in making jelly by using the so-called cold method rather than the boiling technique. You'll get an especially flavorful jelly.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, explains the cold jelly method. Just warm the fruit juice, add the sugar and stir until all of the sugar is dissolved. Pour the mixture into sterilized glass jars, and cover with paraffin.

Choice of fruit is most important when you use this method. It must be a fruit that has a goodly amount of acid and pectin. Good color and flavor are also necessary.

Blackberry and grape juices are commonly used for this jelly-making method, Mrs. Janssen says. Another combination is raspberry and apple juices. The raspberry juice adds flavor as well as color.

Use one and one-half cups of sugar to one cup of juice. This proportion is correct when you have the recommended fruit juice that is high in acid, pectin, color and flavor.



and the other side of the street. It was a very quiet street, and the only sound was the sound of the wind blowing through the trees.

The first thing I noticed when I stepped out of the car was the cold. It was a sharp, biting cold that made me shiver. I looked up at the sky and saw a few stars. The moon was full and bright, and the stars were clear and sharp. I had never seen such a clear night before. The air was so still that I could hear the sound of my own breathing. I felt a sense of peace and tranquility that I had never experienced before.

I walked slowly down the street, my feet crunching on the snow. The snow was soft and fluffy, and it felt like a blanket. I looked down at my feet and saw that the snow was not just on the ground, but also on the trees and the bushes.

I continued to walk, and I saw that the snow was everywhere. It was on the rooftops, on the cars, and on the trees. The snow was so thick that it covered everything in a layer of white. I felt like I was walking through a dream. The world was so quiet and still, and it felt like time had stopped. I had never seen such a beautiful night before.

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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 25, 1951

## Students Experiment With Pie Crust

URBANA--Make "just right" pie crusts--crisp and flaky--for those cherry pies your family ordered. University of Illinois home economics students who worked with pastry in an experimental foods class have some results to share with you.

The girls found that butter, lard, hydrogenated fats and oil will all give satisfactory products, although somewhat different ones. So make your choice on the basis of taste, availability and the use you expect to make of the pastry.

According to their results an all-purpose flour and a hydrogenated fat will usually give good results when one cup of flour is used to one-third cup of fat. If your choice is lard, use about one tablespoon less.

The amount of water used should just moisten each particle of flour. One experimenter found that three tablespoons of water per cup of flour suited her method of mixing and her one-to-three proportion of fat and all-purpose flour.

Here is one favorite method of mixing: Work half of the fat into the flour until the mixture looks like coarse corn meal. Add the rest of the fat and mix until the balls are the size of peas. Distribute the water evenly over the flour mixture and mix with a fork or pastry blender.



Make Fagoting the Machine Way

URBANA--A row of fagoting inserted the machine way may be just the touch you need on the dress or blouse you'll be making this summer.

Miss Thelma Long, clothing specialist, University of Illinois College of Agriculture, says that strips of ribbon or sections of bias tubing are being used this season to join round yokes to the rest of the blouse. This type of seam is particularly good if used along a structural or decorative line.

This finished fagoting is usually about an inch wide, whereas the traditional needlework type, made with diagonal stitches of buttonhole twist or pearl cotton, joins edges about one-fourth of an inch apart.

To make the fagoting, first prepare the connecting strips. If you want the finished lacing to be one inch wide, cut the sections of tubing or ribbon into sections one inch long plus two seam allowances. Pin and baste the sections to a piece of fairly heavy paper, in the style you wish the fagoting to be when finished.

The next step is to fasten the sections to the body of the blouse. Turn the seam allowance of the blouse section over, place it in position on the fagoting, and machine-stitch through cloth, fagoting and paper. Then tear off the paper. If the material is the kind that ravels, it may be wise to overcast the raw seam.

The first part of the report is a summary of the work done in the last year. It covers the main areas of research and the results of the experiments. The second part is a detailed description of the experiments and the results. The third part is a discussion of the results and the conclusions. The fourth part is a list of references.

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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 2, 1951

## Use Kettle, Boiler for Water-Bath Canning

URBANA--When assembling equipment to use for hot-water-bath canning, take a look around your kitchen before you buy a special container.

Extension nutritionist Grace B. Armstrong, University of Illinois College of Agriculture, says that a canning utensil for the hot-water bath must have a well-fitted but not steam-tight cover.

The container may be a large kettle, a wash boiler or lard can. It must be deep enough to let water boil well over the tops of jars.

Another "must" is a rack on which the cans and jars can be placed in the container. The rack may be of wire or wood. And it's a good idea to have partitions in the rack to keep the jars from touching each other or falling against the side of the canner.

You can also use the pressure canner for a water bath. Set the cover in place without fastening it. Be sure that the petcock is wide open so that the steam can escape.



Safe Walking and Driving Everyone's Concern

URBANA--Keep your summer a happy one. Set an example of traffic safety, and see that your family obeys the rules for safe walking and driving.

Mrs. Ruth C. Freeman, coordinator of the Illinois Safe-Homes program, says that every parent, child and motorist needs to share the responsibility for safety on the streets and highways.

Parents should see that their children understand safety regulations and that they are able to take care of themselves in traffic. Teach children, by example, to walk on the left-hand side of the road, facing traffic, when there are no sidewalks.

Driveways, streets and alleys can be deadly play areas for children with roller skates, wagons and the like. See that your children avoid them. Make sure they don't leave their toys where they can cause accidents.

Motorists should keep on the lookout for youngsters in residential areas and in other places where there are children. Give the bicycle rider plenty of room--a startled rider may easily swerve into the path of the car. Bicycle riders must remember that good traffic habits are as important for them as they are for an automobile driver.



Examine Reasons for Children's Accidents

URBANA--When your child breaks a lamp or mars the furniture, consider the reasons carefully before you punish him.

Mrs. Millicent Martin, child development specialist, University of Illinois College of Agriculture, says, "When the reasons are accidental, parents can usually take steps to prevent those destructive accidents."

One way is to adapt the child's activity to the room or space in which he is playing. When he wants to spend the afternoon indoors, such activities as painting, reading or playing house might be suggested. Guide his play-thoughts away from wagon riding, ball playing and roller skating in the house unless a suitable place, such as a long hall or the basement, is provided for the purpose.

Check your rooms to see what things can be moved or stored to avoid those mishaps. If your child frequently bumps into a table or lamp, perhaps you can move it to another position.

By having a special place, such as the basement, for "hard" play, your child will learn that he can be extra-active in one area and not in another. Sturdy equipment and adequate supervision will minimize home accidents where children are concerned.





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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 9, 1951

## Use Yellow Transparent Apples for Baking

URBANA--It's yellow Transparent apple time of the year.

Supplies of Illinois apples are plentiful on market counters.

Miss Grace B. Armstrong, extension nutritionist, University of Illinois College of Agriculture, has some suggestions for the use of Transparent apples.

Bake the apples in a plain "dress" with sugar, water and some nutmeg or cinnamon. One way to add some extra flavor is to fill centers of the apples with jelly and then bake.

Orange marmalade and orange juice give baked apples a "zippy" flavor. Or, if your family likes raisins and nuts, fill the center of the cored apples with them. Add a small amount of butter to keep the delicate flavor of the apples during baking time.

Bake an extra-special apple pie by using one-fourth cup orange juice for a nine-inch pie that requires four to six medium-sized apples, one cup brown sugar and two tablespoons each of quick-cooking tapioca and butter.



Family Council System Good for Planning

URBANA--Planning the "family council way" brings a family closer together in both work and play. A special time should be set aside regularly so that the whole family can "talk things over."

Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture, says that the planning can be for a new activity, for evaluation of previous plans or on a family problem. All questions that affect the family as a group should be discussed and decided.

Democratic procedure should be the motto for the council meetings. Each family member should feel privileged to speak his mind during the discussion. He needs to realize that his ideas are respected, although they may not always be accepted. Individual differences should be expressed and discussed, with the majority vote as the final decision.

A family council plan enables children to grow into responsibility by degrees. They learn to express their feelings, to make decisions and also to be responsible for particular duties.





Order New Vegetable Circular Today

URBANA--"More Vegetables on the Table" is the invitation voiced by a new University of Illinois College of Agriculture circular

Sections on selection, storage and preparation of vegetables are given in this circular. Seven ways to cook vegetables are described, and numerous ways are given to serve appetite-appealing vegetables.

Foods and nutrition specialist Geraldine Acker suggests flavoring vegetables with spices and herbs. For example, add a special accent to snap beans by seasoning them with sage, savory, basil, bay leaf or whole cloves.

Or, if you like, serve the beans with tasty sauce. One that might be used is a sour cream sauce.

SOUR CREAM SAUCE

1 cup sour cream	1 tablespoon lemon juice
2 tablespoons salad oil	1/2 teaspoon salt
2 tablespoons vinegar	1/4 teaspoon pepper

Mix the ingredients together in a small saucepan. Bring to the boiling point. Pour over the hot beans and serve immediately.

A copy of "More Vegetables on the Table" is yours on request. Write the department of home economics, 206 Bevier Hall, University of Illinois, Urbana.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 23, 1951

## Arrange Living Room Furniture for Convenience

Convenience is as important as appearance in any furniture arrangement, says Miss Kathryn Weesner, home furnishing specialist, University of Illinois College of Agriculture.

If the living room chairs are "all out of order" after your guests have gone, take a good look at the arrangement before you put them back into place. Perhaps the new groupings are more convenient, as well as more pleasing to the eye. Furniture that is arranged for comfort is quite likely to look well.

Furniture should be placed in such a way that it interferes as little as possible with traffic areas. The center of the room should be free; so, too, should spaces around the doors.

Furniture arrangement should begin with the use of the room and the family's habits, interests and activities. Much depends on the size of the family and the age and sex of each member.

Today's living room is usually the most diversified room in the house. It may have to provide facilities for (1) entertaining both large and small groups, (2) serving refreshments when entertaining, (3) conversing, (4) relaxing, (5) reading, (6) radio-listening, (7) music, (8) studying, and (9) children's play.

-more-



## Arrange Living Room Furniture for Convenience - 2

If yours is an "entertaining" family, remember that facilities for seating and serving are most important. Some chairs light enough to move around will be useful. A console extension, drop-leaf or coffee table, or a nest of tables, may fit into the scheme of things when refreshment time comes around. A sofa or love seat, with chairs near by, is a good conversational grouping. You may want to add some upholstered stools to increase seating capacity.

Find a place for the radio where listeners will not be disturbed by other activities. And if you have a phonograph, remember to reserve a space for the record cabinet.

Easy chairs for members of the family, with an ottoman on which to rest tired feet, will offer an invitation to relax. The same easy chairs can be used for reading if plenty of light--both day and artificial--is part of the plan.

The living area might also double for the quiet study corner you are planning when a well-lighted desk or table is added.





Use Perfect Jars, Lids for Canning

Cut canning losses by using top-quality jars and lids. And use them according to the manufacturer's directions.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says jars and lids must be perfect and clean to insure your canned food against spoilage.

Use good glass jars with perfect rims. If porcelain lined zinc lids are cracked, chipped, broken or dented, discard them. Buy new rubber bands for all lids that require them. You will also need new metal lids for the metal screw band closures.

Follow the manufacturer's directions for using the lids. Some metal lids with sealing compounds need to be boiled before being put on jars; others need only to be dipped into hot water.

Be sure there is no grease or food on the jar opening where the ring or cover rests. Check directions for certain seals. Some lids should be sealed before processing; others should have the seal completed after processing.

Don't fuss with a seal once it's completed. You may break the contact between the jar and rubber without knowing it.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 30, 1951

## IFYE Delegates "Messengers of Peace," Says Illinois Girl

URBANA---"Grass root ambassadors of good will" and "messengers of peace"--that's how one International Farm Youth Exchangee describes the job for the 58 young men and women who are living with farm families in 19 foreign countries this summer.

Illinois delegate Rosemary Archibald, 20, Joliet, Will county, said in a letter to Miss Anna Searl, University of Illinois home economics 4-H leader, "The more you are with this group, the more you realize what a tremendous responsibility we have.

"When the situation in Europe looked more and more foreboding, the committee talked of withdrawing the project, but decided that this was no year to pull up stakes; that our job was even more necessary than before."

Stating that the delegates have adopted the 4-H aim, "Working together for world understanding," Miss Archibald continues: "The stress throughout our orientation has been that we are not only giving, but getting; that it is not our job to sell Americanism except by example, and that our real job is to make ourselves a part of the country to which we are going. Then we must bring back the understanding of the country and its culture that we've gained."  
(more)





Miss Archibald, who in June received her degree in home economics from the University of Illinois, is living with farm families in Ireland. The other Illinois delegate, Miss Viva Moody, 21, Erie, Whiteside county, is spending the summer and early fall on farms in Denmark.

The young women are sharing in the daily work on the farm and in the social life of the family. In exchange, other farm young people from European countries visit the United States and learn at first hand how our farm families live.

When the exchangees return to the U.S. in November, they will spend considerable time speaking before Illinois groups and telling of their experiences.

-30-

COC:pp

### Choose Light-Weight, Slim Clothes for Vacations

URBANA---When choosing clothes for your vacation, look for these points that make them easy to care for, comfortable to wear and easy to carry.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, has these tips for folks going on vacation:

Take clothes that are comfortable and light in weight.

Choose prints and dark fabrics because they don't readily show soil or wrinkles. Crease-resistant materials, such as jersey and crepe, are time-savers because they "hang out" before wearings.

Select the straight skirt or dress--not the bouffant one.

Fullness means that you have a lot of cloth to wash or press and a lot of cloth to pack.

-30-

COC:pp



Use Sirup for Freezing Peaches

URBANA--Choose firm, ripe, ready-to-eat peaches for freezing. And be sure that the variety you choose has a good peach flavor.

That's the word from Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture. Use a sugar sirup for preparing the peaches for the freezer. Tests at the home economics laboratory show that a 50 or 60 percent sirup is best for peaches.

A 50 percent sirup is made with one cup sugar and four-fifths cup water; the same amount of sugar is used with one-half cup water for a 60 percent sirup.

Prepare the sirup by dissolving the sugar in the water. Stir to dissolve completely. If it's necessary to heat the mixture to dissolve it more quickly, be sure to cool the sirup before using it.

Pour some sirup into the freezing container. Then peel and slice the peaches directly into the carton so that the slices are not in contact with air for long. The sirup should cover the peach slices. Add more if necessary, allowing one-half inch of head space for pint cartons and one inch for quarts. Place the cartons in the freezer without delay.



U  
for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 6, 1951

## Prepare Tea Punch for Party Beverage

URBANA--Iced tea is usually in order for hot summer days.

But for a special party, give that tea extra zest by adding fruit juices and gingerale or charged water.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, suggests this recipe with three tasty variations.

First prepare two cups strong tea infusion by mixing about three tablespoons black tea with cold water and placing it in the refrigerator overnight. Or you can steep the tea at room temperature in six or seven hours.

Just before serving add to the chilled tea six cups fruit juice and four cups of gingerale or charged water and sweeten to taste. Vary the fruit juice combinations and you'll get three different kinds of punch from the basic recipe.

Use three cups pineapple juice, two cups orange juice and one cup lime juice for a flavorful golden punch. Make California punch by combining three cups loganberry juice, two and one-half cups orange juice and one-half cup lemon juice. Or mix four cups grape juice and two cups grapefruit juice for a royal punch.

(more)



1. *Phragmites australis* (Cav.) Trin. ex Steud.

Prepare Tea Punch - 2

Pour the tea punch over ice cubes or an ice block in a punch bowl. This recipe makes 25 four-ounce cups or about 12 eight-ounce glasses.

Garnish the punch with cherries, bits of pineapple or mint. And for a special party look, frost the glasses around the top by inverting them and running a slice of lemon, limes, or other fruit around the edge of the glass. Then dip the rim in powdered sugar.

-30-

COC:pp

Fruit Cup Mixtures Do Not Freeze Satisfactorily

URBANA--Fruit cup fanciers should freeze the fruits separately and mix them as needed, says Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture.

Frozen fruit cup mixtures were unsatisfactory in tests made at the home economics foods laboratory. Acceptability of the tested mixtures--considering appearance, color, and flavor--was only fair. The color of red fruits, such as raspberries, faded into the sirup and other fruits, and flavors of the different fruits included in the mixtures were no longer distinct or natural.

-30-

COC:pp  
8-1-51



Freeze Watermelon--And Serve It in Midwinter

URBANA--When you see watermelon on the table in winter months, don't try to pinch yourself out of a dream. Pat Mom on the back for tucking some of that tasty goodness into your home freezer during August.

Illinois home gardens and commercial fruit-growing areas are expected to be in full swing with melon production this month. While supplies are plentiful and quality good, prepare some watermelon for the freezer.

Dr. Frances O. Van Dwyne, foods research specialist, University of Illinois College of Agriculture, reports that the color and flavor of frozen watermelon are excellent. However, some of the crisp texture is lost during freezer storage. The best way to overcome this is to serve partially-thawed watermelon that contains a few ice crystals.

Be sure to choose firm ripe watermelon for freezing. Keep in mind that freezing does not improve the quality; you must start with top quality.

Remove the seeds and rind and cut the fruit into small square, wedges, balls, or other shapes. Pack in moisture vapor-proof containers and cover with a 30 percent sirup. Freeze immediately. Use one cup sugar and two cups water to make the sirup. Stir to dissolve completely.

Let  $\mathcal{H}$  be a Hilbert space. For any  $x \in \mathcal{H}$ , we define the norm of  $x$  to be  $\|x\| = \sqrt{\langle x, x \rangle}$ . This norm satisfies the following properties:

- (1)  $\|x\| \geq 0$  and  $\|x\| = 0$  if and only if  $x = 0$ .
- (2)  $\|ax\| = |a| \|x\|$  for any scalar  $a$ .
- (3)  $\|x + y\| \leq \|x\| + \|y\|$  (triangle inequality).

Let  $\mathcal{H}$  be a Hilbert space. For any  $x, y \in \mathcal{H}$ , we define the inner product of  $x$  and  $y$  to be  $\langle x, y \rangle$ . This inner product satisfies the following properties:

- (1)  $\langle x, x \rangle \geq 0$  and  $\langle x, x \rangle = 0$  if and only if  $x = 0$ .
- (2)  $\langle ax, y \rangle = a \langle x, y \rangle$  for any scalar  $a$ .
- (3)  $\langle x, y \rangle = \overline{\langle y, x \rangle}$  (conjugate symmetry).
- (4)  $\langle x, y + z \rangle = \langle x, y \rangle + \langle x, z \rangle$  (linearity in the second argument).

Let  $\mathcal{H}$  be a Hilbert space. For any  $x, y \in \mathcal{H}$ , we define the distance between  $x$  and  $y$  to be  $\|x - y\|$ . This distance satisfies the following properties:

- (1)  $\|x - y\| \geq 0$  and  $\|x - y\| = 0$  if and only if  $x = y$ .
- (2)  $\|x - y\| = \|y - x\|$ .
- (3)  $\|x - (y + z)\| \leq \|x - y\| + \|y - z\|$  (triangle inequality).



U  
for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 13, 1951

## Brine for Pickles--Correct Proportions Important

URBANA--What causes failures in pickling? Why do cucumbers shrivel or become slippery and soft? Why do homemade pickles frequently lack flavor and texture?

Many of these so-called failures start during the brining process, according to Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture. Brined pickles that require several weeks to cure need almost daily attention.

Salt must be added regularly to keep the brine at its original strength. To prevent spoilage, the surface of the brine should be kept free from scum.

Use the proportion of one pound of salt (1 1/2 cups) to 9 pints of water. Prepare one-half as much brine as you have material to be fermented--2 1/2 gallons of brine for a 5-gallon jar.

To prevent diluting the brine, dry the cucumbers after washing. The brine will be weakened by the water extracted from the cucumbers. After 24 hours add about 1 pound of salt for every 10 pounds of cucumbers. Then add 1/4 pound of salt every week thereafter for about 5 weeks, or until the cucumbers are cured.

Place the salt on the plate or other weight device, and allow it to dissolve gradually. Keep the mixture at about 86° F. throughout the processing time.

1. *Phragmites australis* (Cav.) Trin. ex Steud.

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Sewing Tools--Time to Check Your Supply

URBANA--Good sewing calls for good tools. This month--ahead of the busy fall season--is the logical time to have tools repaired and to buy new ones.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, suggests that you first check your equipment and tools to make sure they are in good condition. Your scissors may need sharpening, or you may need a new tape measure if the old one is frayed or "stretchy."

Check your sewing box or cabinet to see whether you need more equipment. You'll want tools for measuring, cutting, marking, sewing and finishing. Planned buying now will save extra shopping trips later.

Take stock of your sewing machine attachments too. If they need to be repaired, take them to your sewing machine dealer. There may be some new attachments which you can use to good advantage. A seam guide and a zipper foot are two that are real time-savers.

There are a number of time- and energy-saving tools now available that are worth the money they cost. For example, a hem is easier to make when you use a skirt marker; darts and buttonholes can be marked quickly with a tracing wheel; dressmaker's shears are easy to use and they make a smooth edge.

the first of these is the fact that the human brain is  
the most complex of any known animal brain, and  
the second is the fact that the human brain is the only  
one that is capable of abstract thought.

The third of these is the fact that the human brain is  
the only one that is capable of self-awareness, and  
the fourth is the fact that the human brain is the only  
one that is capable of language. These four facts are  
the basis of the human mind, and they are the basis of  
all human culture.

The human mind is the most complex of any known  
mind, and it is the only mind that is capable of  
abstract thought. It is the only mind that is capable of  
self-awareness, and it is the only mind that is capable  
of language.

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only mind that is capable of language.

THE JOURNAL OF THE  
ROYAL ANTHROPOLOGICAL INSTITUTE



Quick Pickles--Directions for Making

URBANA--If you are making pickles for the first time, start with ones that require little processing, suggests Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture.

Some quick-processed pickles are salted down for two or three hours only or overnight and then combined with boiling-hot vinegar and spices. Other varieties are sliced into the jars, the hot spiced vinegar poured over and the containers sealed.

Use only fresh, top-quality fruits and vegetables for pickling. Cucumbers and green tomatoes are best pickled within 24 hours of picking. Fruits may be slightly underripe, but they should be fully matured in order to be right in flavor and texture.

Sort the fruits and vegetables for size if you plan to pickle them whole. If you cut them into sections, be sure the pieces are uniform. Use quality ingredients and measure accurately. Pure granulated salt is first choice. Salt to which anything has been added to prevent caking tends to cloud the brine.

Fruit vinegars add good flavor, and they are available in any local markets. Use whole spices for cooked pickles. They do not darken the liquid so much as the ground spices. They can be tied in a cloth and cooked with the other ingredients, however, they should be removed before the pickles are packed.

(For pickle and relish recipes, send for "Suggestions for Making Pickles," University of Illinois College of Agriculture, Urbana, Illinois.)





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for weeklies



# Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 20, 1951

## Give Children Credit for Good Traits, Achievements

URBANA--More parents need to be doing a good public relations job so far as their children are concerned, a University of Illinois specialist in child development and family relations said today.

Miss Margueritte Briggs says that mutual loyalty should exist between parents and children. Some mothers and fathers discuss with other adults the unpleasant behavior of their youngsters; often the story is exaggerated.

When talking to friends about their children, parents should place emphasis on the children's good traits and achievements. They should stress hopeful characteristics, says Miss Briggs. Remember that a good reputation is an asset to success in life for anyone--and that reputation starts in infancy.

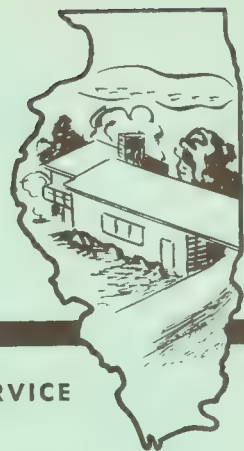
Use truth and discretion when discussing children's achievements. Don't repeat or be too persistent in your discussions; and don't set your child up as being superior to others.

Wise parents should try to correct their children's mistakes at home rather than making them the subject of adult discussions. These mistakes are usually faults of a particular age, and not of the children themselves.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 20, 1951

## Serve Soybeans as Meat Substitute

URBANA--The fresh, green garden-variety soybeans appearing on Illinois markets can do a lot to save some of those elusive food dollars.

Because soybeans are a rich source of protein, you can serve them as a meat substitute, says Miss Grace B. Armstrong, extension nutritionist, University of Illinois College of Agriculture. And their high percentage of fat makes them rich in energy.

Cook soybeans for about 15 or 20 minutes; when cooked long enough, they will have a bright green color and a firm, nutty texture. Remember that soybeans will not soften as peas do during cooking.

The nutritionist suggests trying this recipe for creamed shrimp and soybeans. It makes four to six servings.

### CREAMED SHRIMP AND SOYBEANS

1 cup shrimp, cooked and cleaned  
2 hard-cooked eggs, chopped

1 cup cooked green soybeans  
1 cup medium white sauce

Combine ingredients in the order given and heat thoroughly. Serve on toast.

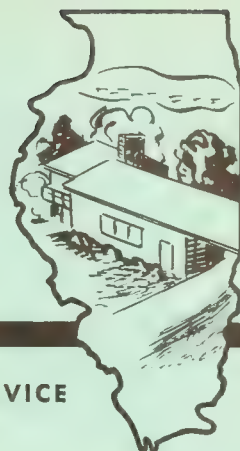
A copy of the circular, "Recipes for Using Soybeans," is yours on request. Write to the University of Illinois College of Agriculture, Urbana.





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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 27, 1951

## Buy Standard Measuring Cups, Spoons, Pans

URBANA--One way that brides of 1951 can insure their success in cooking is to buy accurate measuring cups, spoons and baking pans.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, reminds new homemakers that measuring spoons, cups and baking pans have been standardized.

Look at the label to see whether the article meets the standards. Size may be given or the label may state "tested by the U.S. Government Bureau of Standards."

Because standards are established, recipe-makers are able to specify particular sizes of pans, use terms with standard definitions and measure ingredients with cups and spoons that are accurate. Homemakers are able to follow a recipe accurately and confidently, knowing that the recipe-makers used the same standard measures.

A three-year study prompted by the American Home Economics Association resulted in these nationally accepted standards. They tell how pans should be measured, what the standard sizes are and how accurate your measuring cups and spoons should be.

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A Tip for Sewing Back-to-School Clothes

URBANA--Save time when sewing those back-to-school fall cottons by using dressmaker's tracing paper and a tracing wheel to transfer pattern markings to the cloth.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says that these tools make for accuracy as well as speed.

The tracing device is a small metal wheel with sharp spikes around the edge. The spikes penetrate the pattern, cloth and tracing paper and make a row of fine dots on the cloth. The markings help you make accurate darts, buttonholes and other details.

Use this technique on cotton cloth that is heavy enough to prevent the marks from showing through to the right side. Some of these are chambray, percale, gingham and denim.

Place the tracing paper so that the marks are made on the wrong side of the cloth. These dots come out after several washings if directions are followed. Select tracing paper as light in color as will show on the cloth.

Before you begin to mark the garment, mark a scrap of cloth to determine what is the best color of paper, the necessary pressure to use on the wheel and whether the cloth is too sheer.

Use a light touch when marking the cloth. The line of dots should just be heavy enough for you to see. You don't usually need heavy markings.



Plenty of Chicken and Fish for September

URBANA--Broiling chickens and hens will be among the most plentiful foods in the Midwest during September, predict production experts from the United States Department of Agriculture.

Estimates are that, before the month is over, the number of chickens sold from farm flocks will be at or near the peak level of the year. The sale of broiling chickens should be nearly a third heavier than a year ago.

Another protein food that should continue to be an economical buy during September is fish, both fresh and frozen. According to the Department's report, there were more than five million pounds of frozen fish in cold storage on the first of August this year than a year ago.

Fresh vegetables that will still be plentiful this month are beets, cabbage and tomatoes. The late summer tomato crop seems heavier than last year's and should provide lots of tomatoes at budget prices for home use.

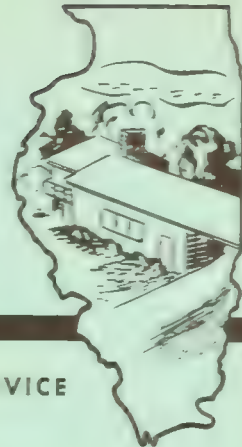
The report released by the Department states that supplies of peanut butter are large. Available also are ample quantities of nonfat dry milk solids which find many uses in the kitchen.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 3, 1951

## 4-Hers Use Modern Sewing Methods

URBANA--About 80 percent of the 4-H Club garments modeled in the clothing revue at the State Fair this year were made with modern construction methods.

That's the report from Miss Florence Kimmelshue, 4-H clothing specialist, University of Illinois College of Agriculture.

Some of these modern methods are fitting the pattern before cutting, staystitching, basting on the sewing machine, stitching seams with the grain of the cloth and finishing seam edges according to the firmness and weight of the cloth.

The 4-Hers say that fitting the pattern carefully before cutting saves time as well as material. To fit the pattern, they first pin in such details as darts and pleats. Next, they pin the pieces of a pattern together exactly at the seam lines. Necessary alterations are made on the pattern after it is removed.

Staystitching is another modern method used by 4-Hers. This step prevents stretching of curved edges. A row of machine stitching is made one-eighth to one-sixteenth inch outside the seam line.

-more-



#### 4-Hers Use Modern Sewing Methods - 2

Basting the sewing machine way helps to give the garments a professional look. The 4-H girls use the basting for marking such details as centers, pockets or buttonholes. They set the machine for basting by lengthening the stitch to about six per inch.

Seams should be stitched with the grain of the cloth.

When sewing bias seams, the girls stitch from the wide end of a section of the garment to the narrow. For example, they stitch skirt seams from the bottom to the top, and shoulder seams from the shoulder to the armhole.

Another step that helps 4-H garments rate "tops" is the seam finishing. Seam edges are finished only enough to keep them from raveling.

The seams on cloth of medium firmness are finished by machine-stitching about one-eighth inch from the edge of the cloth. Other seams are stitched and overcast or pinked. Seams that are turned under and stitched back are used on garments where the seam will show, such as on unlined jackets or boleros.

COC:lw

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#### Tomato Tricks for Easy Peeling

URBANA--Shorten the time required for peeling tomatoes by trying one of these techniques: Stroke the skin with the back of a knife until the skin is loosened. Or run the tip of a fork into the tomato and rotate it over a flame until the skin wrinkles slightly.

When you peel a large quantity of tomatoes--as for home canning--dip them into hot water for a minute or two and then into cold water.

COC:lw

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8-29-51





Freeze Limas That Are at Eating Stage

URBANA--When you choose lima beans for your home freezer or locker, get a variety that is especially suitable for freezing.

Tests at the University of Illinois foods research laboratory show that the following varieties rate "good": Baby Potato, Early Market, Fordhook 242, Peerless, and Triumph.

Miss Virginia Charles, foods research specialist, says that maturity of the vegetable is also important for success. Green limas at the right stage for eating are the ones that should be frozen, she says.

Hull the beans and remove the white ones that are too mature. Then blanch one pound in three quarts of boiling water for three minutes. If you have a larger utensil, increase the amount of water and beans proportionately. Count the blanching time from the moment the beans are placed in the water.

Cool the beans in cold running or ice water. Drain thoroughly and pack in moisture-vapor-proof containers. Rectangular cartons with cellophane bags attached inside are good for packaging vegetables. Freeze immediately.



Plan Time-Saving Broiler Meals

URBANA--You can have food on the table in hurry-up time when you use your broiler for a complete meal. And the only cooking utensils you'll have to wash are the broiling pan and rack.

Vegetables and fruits for a mixed grill should be ones that can be broiled as long as the meat, or that can be added when the meat is half done and ready to be turned, says food specialist Frances Cook, University of Illinois College of Agriculture.

Tomato halves make an ideal broiled vegetable. Try them with such combinations as hamburgers and mashed potato patties, Canadian bacon and pineapple slices or salmon steaks and cooked-potato slices.

Cut firm medium-sized tomatoes in half crosswise, and place a thin slice of mild onion on each half. Season with butter or margarine, salt, pepper and a little sugar. Place about three inches from the heat, and broil until the onion is crisp and the tomato is soft, possibly 10-12 minutes. Serve as soon as the broiling is completed.

Many other ideas for broiler meal combinations plus recipes and complete directions are offered to you in the free booklet, "It's Easy to Broil." Send your request to the University of Illinois College of Agriculture, Urbana, Illinois.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 10, 1951

## Jonathan Rates as Good All-Purpose Apple

URBANA--"Jack of all trades" might be the nickname for the Jonathan apple.

The Jonathan is an all-purpose variety excellent for baking, cooking and eating out-of-hand, says Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture.

For pie or cake, muffins or bread, applesauce or cookies, the Jonathan rates high. Make your applesauce extraspecial by flavoring it with lemon juice and cinnamon. Or combine the applesauce with peeled and cubed oranges. Another variation is to add blanched and chopped almonds and cinnamon to the applesauce.

And it takes little time to make a tasty cake by topping a muffin or yeast batter with chopped raw apples, cinnamon and sugar.

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1. The first part of the report is a general introduction to the subject.

## 2. The second part of the report is a detailed description of the methods used in the study.

3. The third part of the report is a discussion of the results of the study.

4. The fourth part of the report is a conclusion and a list of references.

5. The fifth part of the report is a summary of the findings of the study.

Store Poisons, Sharp Tools Out of Children's Reach

URBANA--Your storage habits may determine the safety of your pre-school child.

Mrs. Ruth C. Freeman, family economics specialist and co-ordinator of the Illinois Safe-Homes program, University of Illinois College of Agriculture, reminds homemakers to examine the way they store cleaning compounds, insecticides and sharp tools, "Out of reach for safety's sake," should be every homemaker's slogan.

Disinfectants and insecticides--in kitchens and bathrooms--belong either in locked cabinets or up high out of the small fry's reach. Remember that victims of fatal poisoning accidents are usually children under five.

All tablets and pills should be stored out of children's reach. Kerosene and similar liquids taken internally have also been responsible for accidental deaths. Store them as carefully as the jars and cans marked "poison."

Scissors, knives and pins hold a strange attraction for children. Use blunt-edged scissors for small jobs around the house. And keep the pointed ones in a high cabinet or a locked drawer. Store knives in special holders or on high shelves.



Springfield Nutrition Meet--Open to Everyone

URBANA--Community health and nutrition is the keynote for the annual fall meeting of the Illinois Nutrition committee to be held Saturday, September 29, at Springfield, Illinois.

Headquarters for the conference scheduled from 9 a.m. to 3:30 p.m. DST is the St. Nicholas hotel. The meeting is open to everyone. A small registration fee will be charged.

Medical, nutrition and home economics experts will discuss health and nutrition as well as related subjects. Dr. Jeremiah Stamler, research associate, Michael Reese Hospital Medical Research Institute, Chicago, will speak on "Atherosclerosis." The associate director of health education for the American Medical Association, Dr. William Bolton, will discuss "Food Fads and Fallacies."

Dr. Janice M. Smith, professor of nutrition and head of the University of Illinois department of home economics, will tell the group about "Recent Developments in Nutrition."

A report on Illinois' role in civil defense will be given by Mrs. Kathryn VanAken Burns, state leader of the Illinois home economics extension service. And Miss Leone Pazourek, Illinois Department of Public Health and president of the Illinois Home Economics association, will explain findings of the Mid-century White House conference on children and youth.

A University of Illinois professor of home economics education, Miss Letitia Walsh, will discuss the psychology of nutrition.





Preschool Children Prefer Realistic Pictures

URBANA--Preschool children need books with pictures that are true-to-life. Fairy tales and make-believe should be left for the older child, says Miss Helen Marshall, child development specialist, University of Illinois College of Agriculture.

The preschooler is chiefly interested in the things he sees every day, like toys, trains, airplanes, animals and people. He is also interested in the things they actually do.

Books with pictures that tell a story are best for the toddler under two years of age, says Miss Marshall. A written story is not necessary. Pictures should be distinct, with bright, intense colors but not pastel colors, she says.

If you read to a two-year-old child, he will be able to concentrate for about three minutes. A three-year-old can probably listen for eight minutes, and a four-year-old may listen for 15 minutes. If the story is to be read 50 to 100 times, it can be longer. Children like to hear the same story again and again, until they've learned it.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 17, 1951

## German Women Live With Illinois Farm Families

URBANA--Two German women are visiting Illinois to gain a better understanding of the home economics extension service so that they can strengthen existing home economics programs in Germany.

Miss Aleida Maria Frahm, a teacher in an agricultural school and secretary of the German Women's organization, and Miss Ingeborg VonPoser, a graduate student in agriculture, arrived at the University of Illinois September 2. They are members of a group of six German women who have been in this country since August 1.

After observing the extension organization at the University of Illinois home economics department for several days, the women left Urbana to live with farm families in DeKalb and Henry counties for two weeks.

The German visitors will attend home economics extension meetings with the home adviser, observe home economics teaching in high schools, and visit rural elementary schools. Later they will visit other county home advisers.

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Farm Families Furnish More Food Than Purchase

URBANA--Illinois farm families, whose records were summarized by the University of Illinois home economics extension service, produced more than half of the food they consumed last year.

On the average, these 166 farms families from 53 counties produced \$599 worth of eggs, meat, milk, garden and fruit products for family consumption and purchased food worth \$586. That is the report from Mrs. Ruth C. Freeman, family economist, University of Illinois College of Agriculture.

Families on the \$1000 to \$2000 income level used farm-furnished food to provide two-thirds of the total food eaten. Even as income increased, the families continued to produce about the same amount for consumption. But as they spend more at the grocery store this farm-furnished food is a smaller proportion of the total food supply. As for example, on the \$7000 to \$8000 level, forty percent of the total food was farm-furnished.

The money value of farm-furnished food for 11 different income levels varied from \$461 to \$707. Differences from one income level to another were surprisingly slight. For example, families of the same size with \$3000 to \$3500 net cash income used \$707 worth of farm-furnished food. Those on the \$4000 to \$5000 level consumed from their farm food worth \$666.





How to Make Grape Jelly by the Cold Method

URBANA--Grape jelly made by the so-called cold method retains more of the fresh fruit flavor than the boiled jelly. The cold method may also save time.

Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture, says that to make grape jelly by the cold method, simply warm the extracted grape juice, then add one and one-half cups of sugar for each cup of juice. Stir the mixture until all of the sugar is dissolved, then pour it into sterilized jars, and cover with paraffin.

One precaution--use juice from grapes that are slightly underripe, as overly mature fruit lacks the pectin and acid needed for making jelly.

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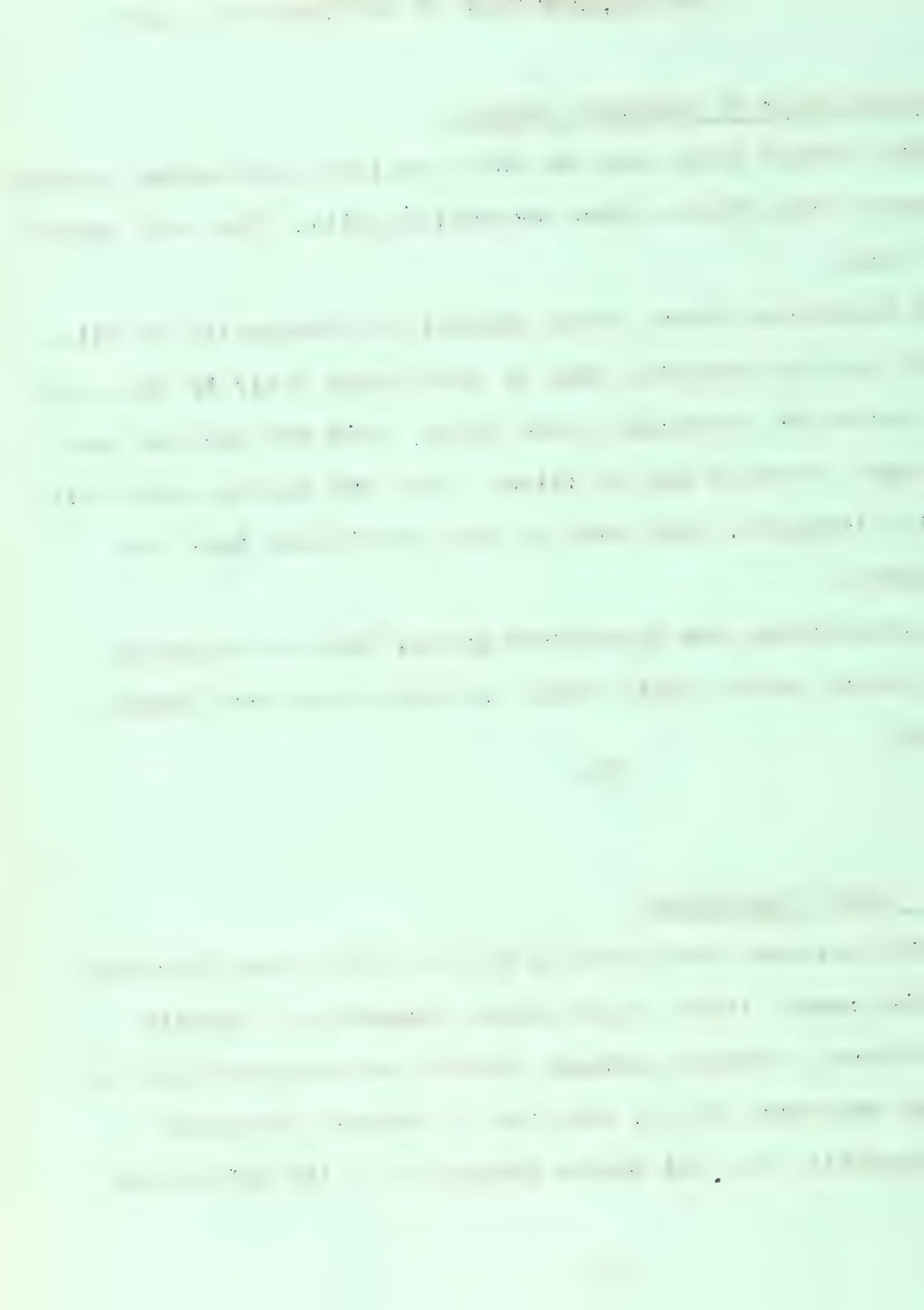
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Good Season for Leafy Vegetables

URBANA--Weather conditions in Illinois this year have been favorable for the green, leafy, cool-season vegetables. Cabbage, broccoli, cauliflower, Chinese cabbage, endive and escarole will all be in harvest by September 20-30, says Lee A. Somers, Assistant Professor in Vegetable Crop and Garden Extension at the University of Illinois.

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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 24, 1951

## Serve Pear Desserts While Supply Is Good

URBANA--It's time for pear desserts. U. S. Department of Agriculture market reporters say that the quality of Michigan Bart-letts is good and wholesale prices are rather low.

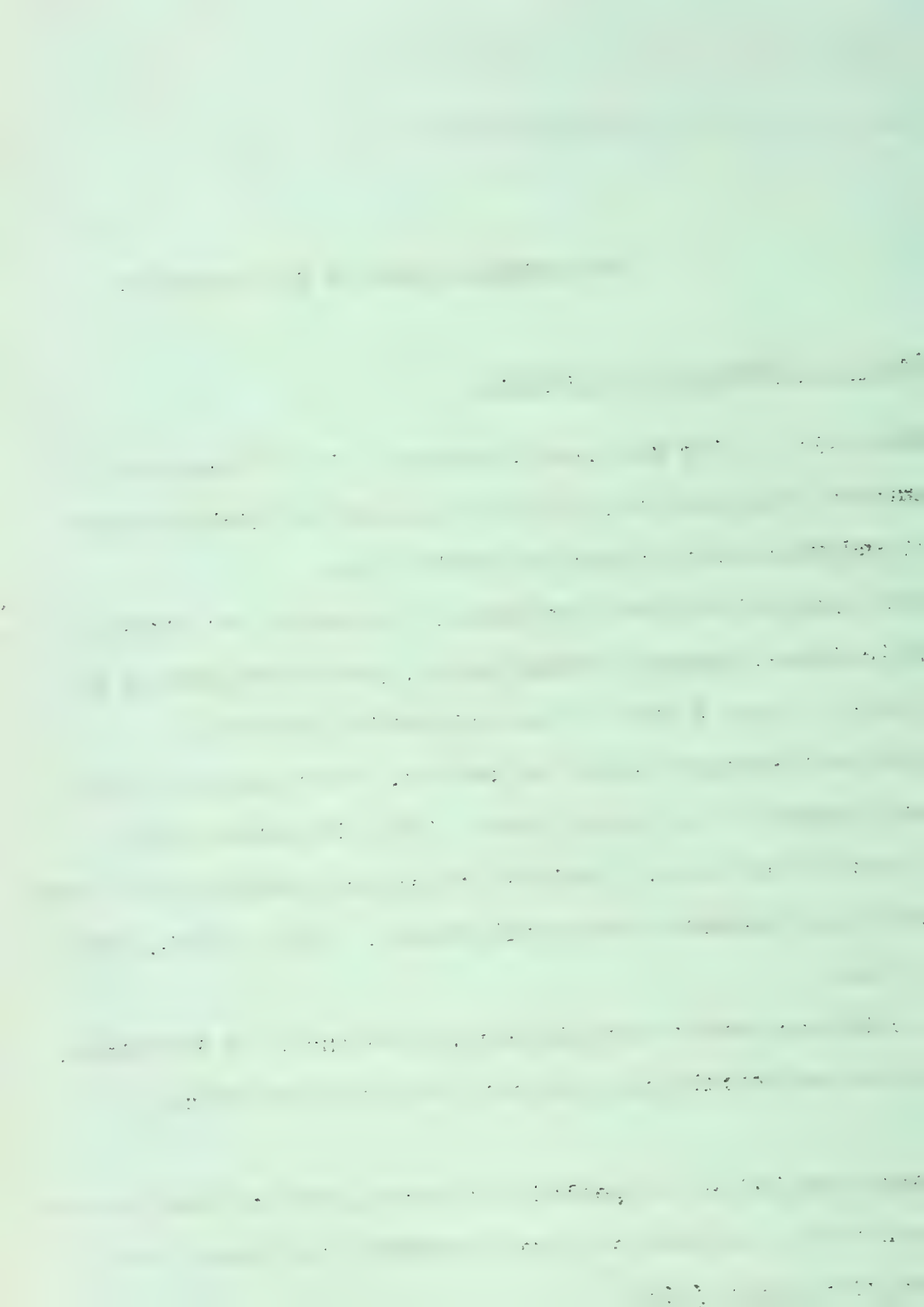
Foods specialist Geraldine Acker, University of Illinois College of Agriculture, suggests baked pears, pear dumplings or a stuffed pear half as just a few of the delightful desserts.

Select well-shaped pears for baking. Pare and core the pears, and then arrange in a baking dish. Fill the centers with brown sugar, raisins and nuts. Sprinkle sugar and cinnamon over the pears, and bake in a moderate oven until tender. If you wish, serve with whipped cream.

Use a baking powder biscuit recipe for the pear dumplings. Roll the dough to one-fourth inch and cut into six-inch square or round shapes.

Arrange two halves of peeled and cored pears on each pastry section. Season with a mixture of sugar, cinnamon and lemon rind. Sprinkle lightly with lemon juice.

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Serve Pear Desserts While Supply Is Good - 2

Fold the pastry around the pear, and seal the edges. Prick to allow steam to escape. Brush with melted butter and bake at 375° for about 30 minutes.

Easy to make is the stuffed pear dessert. Simply spread the pear halves with softened cream cheese. Then dip into macaroon crumbs and serve.

COC:lw

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Ripe Golden Delicious Good for Out-of-Hand Eating

URBANA--Wait until Golden Delicious apples are truly golden when buying apples for eating out of hand.

Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture, says that the greenish-yellow apples just before the ripe stage are suitable for baking and cooking, but not so good for eating out of hand.

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Guides for Better Egg Buys

URBANA--When you can't decide which eggs are the better buy--pullet or extra-large ones--follow these guides suggested by E. E. Broadbent, poultry marketing specialist, University of Illinois College of Agriculture.

If extra-large eggs (those weighing 27 ounces and over) cost more than one and one-half times pullet eggs of the same grade, the pullet eggs are the better buy.

Another guide you can use to compare prices is cost per pound. Weight classes according to U. S. Department of Agriculture consumer grades, with the minimum weight per dozen, are as follows:

Small (or pullet)	18 oz.
Medium	21 oz.
Large	24 oz.
Extra large	27 oz.
Jumbo	30 oz.

Follow those weights to compare prices per pound. Or if eggs aren't graded according to size, ask the storekeeper to weigh them for you, and then do some mental figuring. For example, you'll find that large eggs at 80 cents a dozen cost 53 cents a pound; small eggs selling for 50 cents a dozen are 44 cents a pound.

Be sure to compare eggs of similar quality. Some of them may be graded, but most Illinois eggs are not graded at the present time.



Easy-to-Eat Foods Best for Toddlers

URBANA--When your baby outgrows the strained-food stage and starts eating with adults, you'll need to know ways to make the family's fare more pleasing to him.

He's apt to dislike and refuse to eat foods that stick to his mouth, cause him to choke or are too large and clumsy for him to handle, says food specialist Geraldine Acker, University of Illinois College of Agriculture.

If you slice vegetables or cut them into oblong pieces for cooking, they will be easier to eat than when cut into cubes. Be sure to cut cooked spinach so that there will be no strings. Skins of baked fruits and vegetables should be either removed or cut into bite-sized pieces.

Starchy foods like rice, potatoes, mashed vegetables and creamed dishes should be neither thick and sticky nor too soupy to eat with ease.

When you broil bacon for your baby, make it just medium soft--if it is too dry, he may choke and vomit. Always cut meat and hard foods into strips or bite-sized pieces that he can eat with his fingers.





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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 1, 1951

## Prepare Bean Sandwiches in the Broiler

URBANA--Serve baked bean sandwiches as a meat alternate one day this week. Baked beans and bacon provide a goodly amount of protein at reasonable cost.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you prepare the sandwiches in the broiler. Here is how to make them.

### BAKED BEAN SANDWICHES

6 slices toasted bread	6 thin slices mild onion
2 tablespoons butter	6 slices bacon, cut in half
2 cups canned or left-over baked beans	

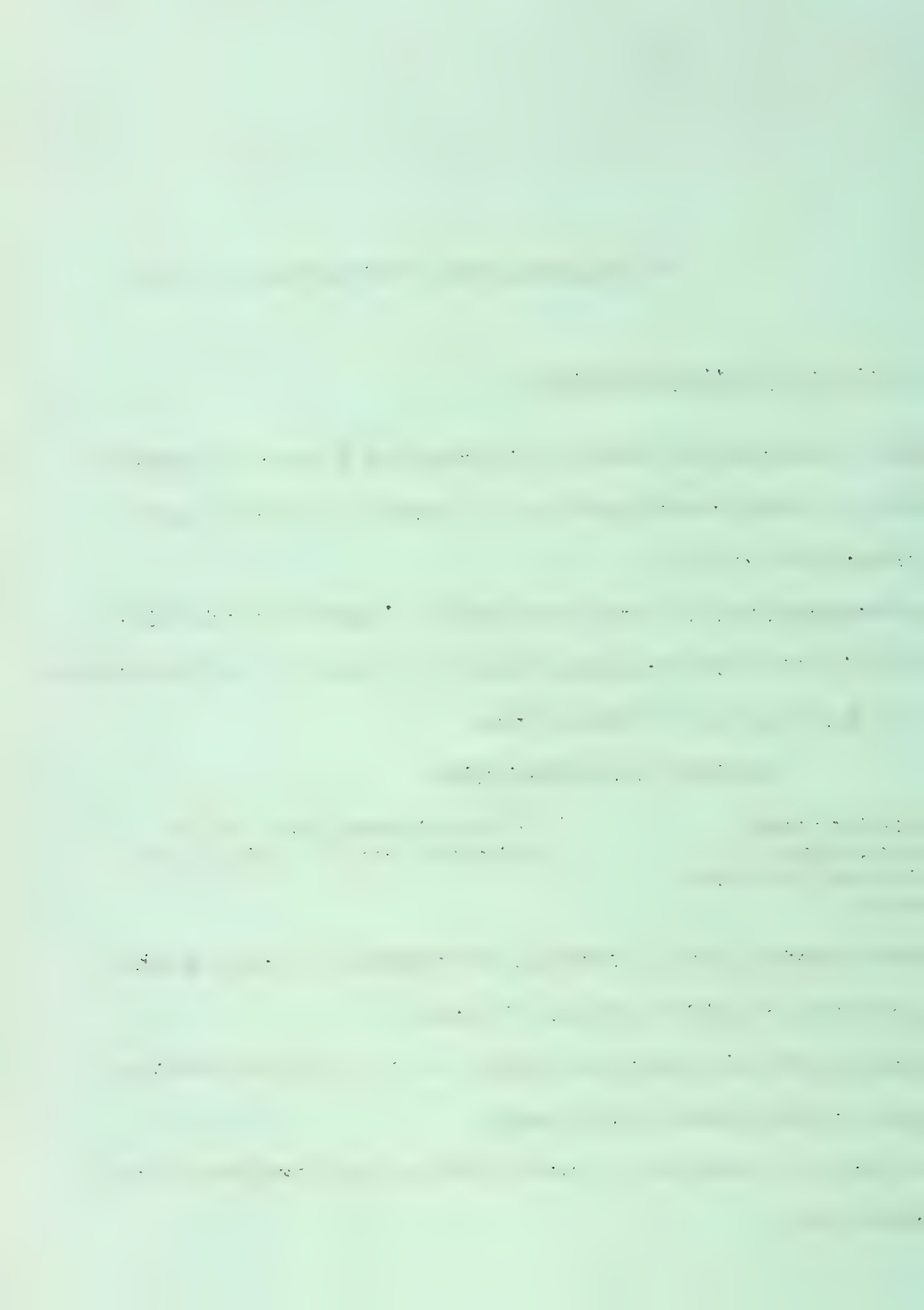
Butter toasted bread. Spread with baked beans; on each place onion slice and two half slices of bacon.

Arrange in broiler pan and place in broiler so that tops of sandwiches are three inches from heat.

Broil about 8 minutes, or until bacon has cooked as much as desired. Serve hot.

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9-26-51



Sweet Potatoes Need Dry Storage--Not Hot, Not Cold

URBANA--If you've grown your own sweet potatoes this year, harvest and store them with care. They will spoil quickly if they are bruised or kept where it's damp and cold.

Sweet potatoes are ready to dig when the vines turn yellow, or else when the vines are killed by frost, says B. L. Weaver, specialist in vegetable crops, University of Illinois College of Agriculture.

If the vines freeze, cut them off close to the ground as soon as possible so that the frost can't travel to the roots. Then watch for a warm day to harvest your crop. It's good to leave the potatoes exposed to the wind and sun long enough to dry before they are brought inside.

Sort the dried potatoes and store them in slatted crates or baskets so that the air can circulate freely. Handle them carefully--broken skins, bruises and injuries of any kind cause decay. Keep damaged potatoes separate so that they can be used first.

The furnace room in the average home--with temperatures of about 55° F.--is a good storage place for sweet potatoes. If the floor is damp and cold, you can suspend a bushel basket from the ceiling by hanging the handles over nails driven into the floor joists.





Prevent Falls in Your Family--Here's How

URBANA--When you do your cleaning this week, make a special check for hazards that cause falls. Remember that last year 13,000 deaths were caused by falls in homes. Can you correct the hazards in your home?

Mrs. Ruth C. Freeman, family economist and coordinator of the Illinois Safe-Homes program, University of Illinois College of Agriculture, gives these tips to help you remove the causes of falls:

Examine your house stepladder or step-stool to see that it is sturdy. Use it regularly to reach high cabinet shelves and storage spaces. Other reaching jobs, such as hanging curtains and draperies and washing windows and light fixtures, also require a solid footing. Stacked boxes, chairs and stools invite tragic falls.

Repair handrails when they are weak or when sections are missing. And make it a habit to grasp the railing when you go up and down the stairs. Watch where you go and don't carry objects that obstruct your vision.

Immediately replace or repair broken boards and stair coverings. And a strict family rule should permit no one to leave any items on the stairs.

Adequate lighting also helps to prevent falls. Two-way switches should be provided at the bottom and top of all stairways.



Store Apples in Cool, Dry Place

URBANA--Buy several bushels of apples and store them so that you'll have plenty of tasty treats this fall and winter.

The Illinois apple crop is expected to be 25 percent greater than last year's production. Preliminary reports say the harvest will reach the 3,600,000-bushel mark. And the apples have extra good color and quality.

Lee A. Somers, specialist in vegetable crops and gardening extension, University of Illinois College of Agriculture, says that the all-purpose Jonathan apples are good for storing. Starkings and Red Delicious are not quite so good. If you buy these varieties, plan to use them within several months.

Choose a cool, dry place for storing the apples. A shed or garage is suitable until freezing weather. And your basement is a good storage place if it is dry.

Sort apples carefully for storing. Remove any that are slightly bruised and use them soon.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 8, 1951

(Note to Editor: This is the first in a series of stories on the selection and care of kitchen knives.)

## Check Material, Construction When Buying Knives

URBANA--Looks can be deceiving in knives. A beautiful knife that will not hold an edge is worthless; one that is poorly balanced or difficult to hold can be dangerous to the user. A few well-chosen knives of good quality will serve longer and better than a lot of poor ones.

The kind of service you can expect from a knife depends upon its material and construction, according to home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture. The most important part of a knife is its blade.

Blades of high-carbon steel will take and hold an edge well but will rust and stain. A stainless steel blade won't take or hold an edge. A chromium plating on high-carbon steel may be your best choice if you want a stainless blade with a good cutting edge.

When you select a knife, try the handle for a comfortable grasp. To get the feel of it, go through the motions you'd use when you peel or pare. Is it shaped to fit the hand? Is the handle long enough, or does your finger slip onto the blade?

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## Buying Knives - 2

While you have the knife in your hand, examine the construction and finish. Smooth hardwood handles or those made of hard rubber or plastic take hard wear, while painted, stained or varnished handles are apt to peel and rub off.

For a stronger, more durable knife, the metal blade should extend well into the handle, with two or three good sized rivets to hold it together.

EBH:lw

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## Save by Buying Apples by the Bushel

UREANA--It pays to buy your apples by the bushel this fall. Apples packed in two- or three-pound bags sell for about eight to nine cents a pound, while those sold in bushel lots cost only four to five cents a pound.

Lee A. Somers, specialist in vegetable crops and garden extension, says that the wise homemaker will choose varieties that may be used in several ways. Jonathans are a good all-purpose apple, he reminds.

Keep the apples in sight and within easy reach. It encourages apple eating and reminds us to use them in other ways. As soon as signs of shrinkage or spoilage occur, can the apples as sauce for use in late winter or spring.

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10-3-51



Select Needle According to Fabric Weight, Thread

URBANA--Examine the needles in your sewing basket or cabinet. Notice the differences in length and thickness.

These differences prove that an all-purpose needle does not exist. Sewing needles are of several types, and each type is sold according to size.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, recommends that you select a needle in keeping with the fabric and the thread you use.

Sharps are long needles and are a good choice for general dressmaking. Ground downs are of medium length and are suitable for fine sewing while the short betweens are the logical choice for tailoring. Millinery needles are extra-long and are used for hand basting in dressmaking.

If you're sewing prints, chambrays and gingham, use a number eight needle and 80 to 100 thread. For heavier materials, such as sheeting and cretonne, sew with a number six or seven needle and 50 to 70 thread.

Sewing heavy work clothes requires a number five or six needle and 30 to 40 thread. This needle-thread team is also good for making buttonholes and sewing buttons on medium-weight fabrics. When you sew such materials as ticking and canvas, use a number four or five needle and 16 to 24 thread.





Fry Cauliflower in Deep Fat--Here's How

URBANA--You'll win your family's approval when you serve deep-fat-fried cauliflower. They will applaud it for both its tastiness and its economy, because there are large supplies of reasonably priced cauliflower on the market.

Foods specialist Geraldine Acker, University of Illinois College of Agriculture, recommends dipping flowerets into a thin batter and rolling them in crumbs before frying.

COVER BATTER FOR VEGETABLES

1 cup flour	1 egg, slightly beaten
1/4 teaspoon salt	1 cup milk
1 tablespoon melted fat	

Combine egg, milk, fat and salt. Gradually add this mixture to flour. And beat the batter with a rotary beater until smooth. Dip the flowerets in the batter.

Then fry quickly in hot fat. The temperature should be between 375 and 385° F. If you don't have a thermometer, you can test the temperature by dropping into the fat a one-inch cube of soft bread cut from inside a loaf. When it takes 40 seconds to brown the cube, the temperature is right. After frying, drain the vegetable. Serve it piping hot.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 15, 1951

## Repair Bare Spots in Carpets--Here's How

URBANA--Those bare spots in carpets caused by pulled-out tufts, moths or burns can be repaired in two ways, says textiles and clothing specialist Florence King, University of Illinois College of Agriculture.

One way is to replace damaged or missing tufts with others picked from the selvage or taken from a matching piece of carpet. The other technique is to fill the bare spot with loops of yarns which are then clipped and sheared.

For the first method, use a small-sized curved upholstery needle threaded with carpet thread. Catch the needle under a yarn of the carpet foundation, and fasten the thread by taking two or three short stitches. Make a loop in the thread by pulling the last stitch only part way through.

Place three or four loose tufts into the thread loop. Hold the tufts while you pull the thread tight to anchor them in place. Repeat until the bare spot is completely filled. Use enough tufts to make the pile as compact as the rest of the rug.

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## Repair Bare Spots in Carpets - 2

When you fill the bare spot with loops of yarn, use a long darning needle or a curved upholstery needle. Carpet yarn or a coarse knitting yarn closely matched to the carpet is suitable for this technique.

Slip the needle under a crosswise yarn in the carpet foundation. Draw the yarn part way through, leaving a loop one-fourth to three-eighths inch long. After you have made several loops close together, clip them. Continue to make more loops, clipping each one as you make it. Then shear the new tufts so that they are even with the rest of the pile.

COC:lw

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## Write for Egg-Buying Card Today

URBANA--"What size eggs are the best buy today?" If that question has slowed up your grocery shopping, you'll be interested in a handy U. S. Department of Agriculture egg-buying card available from the University of Illinois.

E. E. Broadbent, College of Agriculture poultry marketing specialist, says that the blotter-sized card shows prices at which certain sizes are equally good buys and also determines the price per pound for five different sizes--small, medium, large, extra large and jumbo.

"To use the card, you must be sure to compare prices of different sizes only of eggs of the same grade," reminds Broadbent.

The card--"What Size Eggs Are the Best Buy Today"--is available on request. Write to 206 Bevier hall, Urbana, Illinois.

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Good Posture Saves Energy

URBANA--Back-savers are energy-savers, so watch your posture as you do those daily jobs around the house.

Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, says that correct posture helps you use your body effectively in housework.

When you bend over your work, you're apt to throw one of the major body weights--head, chest or hip--off-line. Then those muscles must do the work of maintaining the upset balance.

Bending to iron or wash dishes may cause the head and chest weight to be off balance. You'll notice the pulling in your shoulder and upper back muscles. High work surfaces and long-handled cleaning equipment helps to prevent bending. And to reduce the bending on washday, use a laundry cart. If you don't have a laundry cart, stoop on your knees to get the clothes from the basket, rather than bending your back.

When you pick a heavy weight off the floor, first kneel so that your back is straight; lift by pushing up with your legs. To save energy when carrying heavy loads, use the opposite arm for balance, distribute the weight by using both arms, and carry the load close to the center of your body.

An illustrated "Back-Savers" leaflet is available on request. Write to the home economics department, 206 Bevier hall, Urbana, Illinois.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 22, 1951

(Note to the Editor: This is the second in a series of stories on the selection and care of kitchen knives.)

## Store Knives With Care

URBANA--Knives stored in a drawer with other metal utensils become dull quickly. And they can be safety hazards for the person who reaches into the drawer without looking.

Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, recommends storing knives in racks, cases or drawer holders. If you have children, your best choice is a wall rack.

Racks are made of plastic or wood, and two types are available--for wall use and for table use. Be sure the slots are large enough for the knives to slip in easily.

Cardboard sheaths that come with knives give good protection, but they are not durable. A holder made to fit the drawer is a better choice. A home carpenter can easily make one by sawing slots into a block of wood.

The wearing quality and efficiency of kitchen knives is reduced considerably when they're used as pancake turners or screw drivers or for cutting string, metal, paper or bone. Heat destroys the metal temper, and as a result the blade cannot be kept sharp.

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## Store Knives With Care - 2

A word of warning about washing knives--reaching for one under soapsuds invites injury to your fingers. And it doesn't help the knife blade. A blade is easily dulled or nicked when it strikes against other metal utensils. Chromium blades scratch easily, and as a result stains and rust soon appear.

To clean high carbon or stainless steel blades, use a cleaning powder or fine steel wool. Since chromium plating scratches so easily, use only a nonabrasive polish to protect the plating.

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EBH:lw

## Check Your Market for November Plentifuls

URBANA--The "November plentiful" spotlight is shining on turkeys, cranberries and apples, report U.S. Department of Agriculture marketing specialists.

Cabbage gets top listing among the vegetables; processed citrus products--especially frozen concentrates and canned juice--will be other good buys for vitamin C.

Check the supply of frozen fish, especially whiting and ocean perch fillets, at your market. They may prove to be an inexpensive source of protein for your November meals. Canned tuna, dry beans, and cottage cheese are other plentiful for this month.

Honey is expected in unusually large supply, and the crop will include much that is lighter in color and milder in flavor than that produced in several recent years.

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COC:pp  
10-17-51



Tips for Buying Oranges, Juice

URBANA--Compare prices and number of servings when you buy fresh oranges or canned and frozen juice, and you may save some food money.

No. 2 can of orange juice provides five half-cup servings, while a No. 3 gives 12 half-cups. If you buy a 6-fluid-ounce can of frozen concentrate, you will get six half-cup servings. And one pound of fresh oranges gives two or three half cups of sections. Buy the amount that is best suited to your family needs.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says that any of these products might be used to supply part of the recommended daily amount of vitamin C (ascorbic acid).

Remember that this vitamin is destroyed by exposure to air. Once canned juice is opened, store it in a covered container in the refrigerator, just as you would store the frozen diluted or freshly squeezed juice.

Store oranges at temperatures under 70° F.--in a cool store-room or in the refrigerator. And be sure to cover the cut fruit before storing it in the refrigerator.

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FOR RELEASE WEEK OF OCTOBER 22, 1951

Get Toy Information From College of Agriculture

URBANA--Beat the Christmas rush by starting now to make toys for your youngsters at home.

Plans and specifications for 27 different toys are available from the University of Illinois College of Agriculture. "Toys That Can Be Made at Home," Circular 546, contains pictures and details about the different toys. After you decide which ones you want to make for your children, you can order plans and detailed directions.

Miss Margueritte Briggs, child development and family relations specialist, University of Illinois College of Agriculture, says "When Dad makes toys with his child, both are getting creative experiences and they also become better acquainted. Making toys for other children as well as for himself gives the child an experience of sharing in another's happiness that is one step toward maturity."

Easy to construct, these toys can be made from inexpensive materials, many of which you can find around your farm or home. Cheese boxes, spools, old clock works and broomsticks are some of the common "ingredients" for these toys. Simple tools, such as a bench vise, coping saw, square and bit brace, will do the job.

Order Circular 546 today so that you can decide which toys you want to make for your small fry. Just send a card to the College of Agriculture, Urbana, Illinois.

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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 29, 1951

Note to Editors: This is the final story in the series on knife selection and care.)

## Your Kitchen Knife--How to Keep It Sharp

URBANA--It's a pleasure to use a sharp knife, and you'll want to keep that keen edge. Part of the secret lies in the way you sharpen the knife and in the type of sharpener you use.

Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, recommends honing kitchen knives on a steel to keep a keen edge.

For the knife that has lost its original sharpness, she suggests using a flat carborundum stone. This stone has a coarse side for taking out nicks and rough spots and a smooth side for putting the final finish on the edge.

When you use a carborundum stone, soak it with water or oil to cut down heat and friction. Heat causes the blade to lose its metal temper, and too much friction leaves a rough blade.

See that the stone is not too coarse. Rotary sharpeners with carborundum or steel discs straighten and sharpen the blade edge as it is drawn through a slot. These sharpeners are easy to use, but they are likely to wear off more of the metal blade than other types.



Add Cranberries to Your Baking

URBANA--"Cranberries in abundance" is this season's prediction, and already you'll find them on the market. Use them for that extra gay touch in your family baking.

Miss Geraldine Acker, food specialist, University of Illinois College of Agriculture, gives tips on varied uses of cranberries--in breads, pies, cakes, puddings. She suggests an easy-to-make basic sauce that can be stored in your refrigerator for use when you want it.

To make a quart of sauce, pick over and wash 4 cups cranberries; cook for 5-10 minutes in a sirup made from 2 cups water and 2 cups sugar. Cook only until all the berries burst.

Your favorite custard has a dressed-up look and flavor when topped with a bright red cranberry sauce. An extraspecial treat is ice-cold creamy rice pudding with a hot cranberry sauce, spooned over the pudding just before serving.

Or fill pastry cups with cranberry sauce and top with sweetened whipped cream. For a festive hot bread, drop a spoonful of cranberry sauce on each muffin before baking.

Raw cranberries also go well with your baking. Try a tasty family-sized pie made with half the proportion of whole cranberries and half apples in your favorite apple pie recipe. Or add three-fourths cup chopped raw cranberries, mixed with three tablespoons sugar, to the dry ingredients of your plain muffin recipe.





Buy Quality Bird for Holidays--Here's How

URBANA--When buying a turkey for your holiday meal, examine the skin, conformation (shape), fleshing and keel bone to determine quality.

That's the word from S. F. Ridlen, poultry specialist, University of Illinois College of Agriculture. He predicts that more small-sized turkeys will be available on Illinois markets this year. And many stores are selling halves and quarters for the small- and medium-sized holiday meals. Most of the birds available now are eviscerated, or fully drawn, he says.

Choose a bird with a creamy-colored skin and a good healthy appearance. See that the skin is free from bruises, tears and pin-feathers.

Examine the shape and fleshiness of the bird. A wide, long breast that is well-fleshed throughout the width and length indicates a fully fleshed turkey. In comparison, you can easily pick out the poorly fleshed fowl, as the breast will be narrow, and dark areas will show through on the thighs and back.

Feel the keel bone to see whether it is flexible or solid. A flexible bone indicates a young bird; a solid one, an old turkey.

Also, choose a well-bled bird, says Ridlen. The skin should be free of darkened areas or red spots.



Tips for Nylon Care

URBANA--You can use hot water for washing nylon, but not a high temperature for ironing it.

This cue for nylon care was given today by Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture.

Hot water used in home laundering is usually about 130° to 150° F., whereas low iron temperatures are about 250° to 275° F. When you iron nylon, turn the temperature gauge to "nylon" or "rayon"; high temperatures do melt it.

To determine whether a garment should be hand or machine washed, examine raw or partially finished seam edges for fraying. If threads pull out easily, it would be better to wash the garment by hand.

Wash white nylon articles separately, or before you wash the colored or pastel garments. Otherwise a slight off-white tinge may result.

Remember that bluing is not necessary for white nylon. However, if you use it for other white garments, it is all right to wash or rinse the nylon in the same water.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 5, 1951

## Tips on Waffle Iron Care

URBANA--Regular care of your waffle iron pays dividends in longer wear and good service.

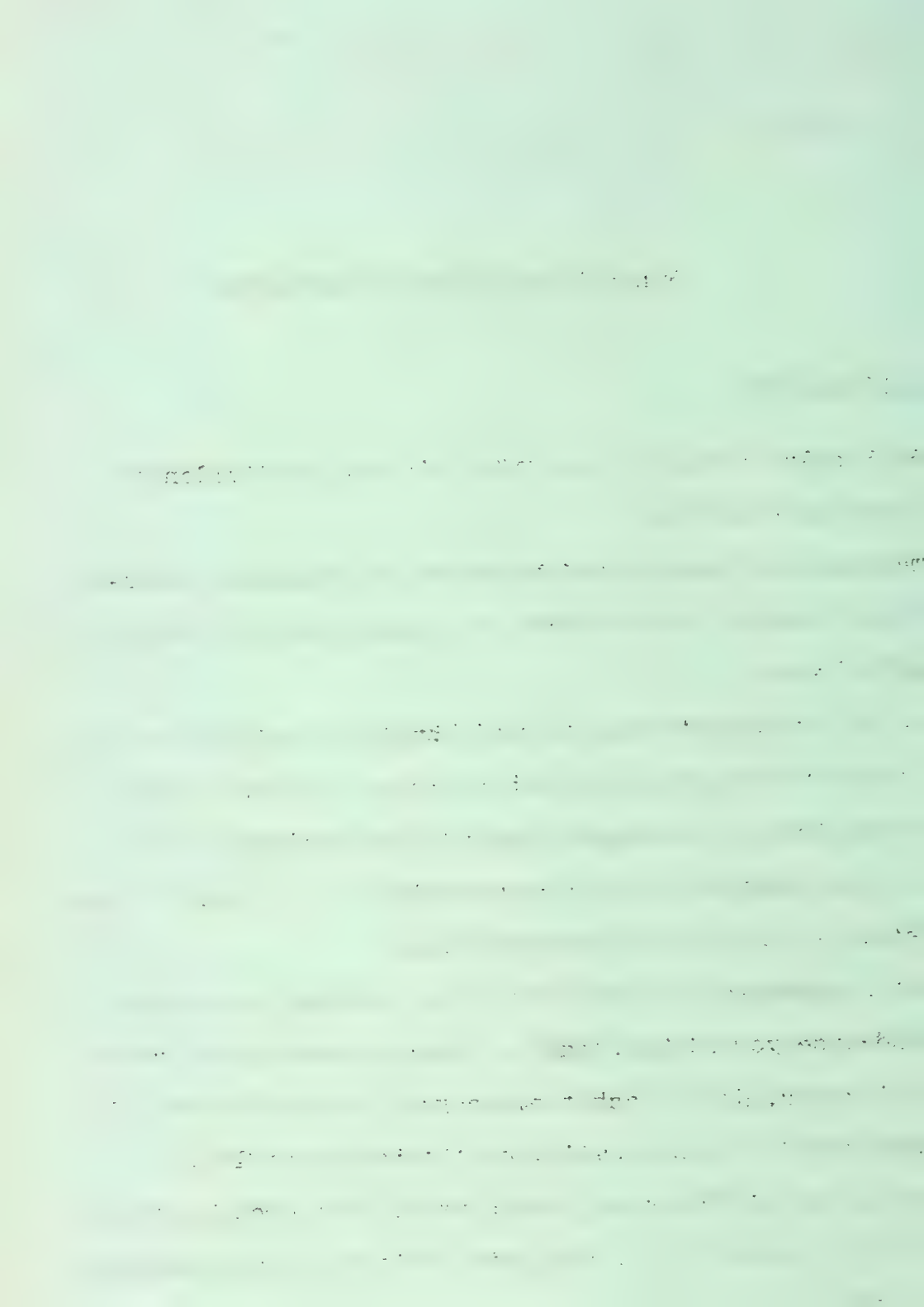
Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, has some tips for taking care of your waffle iron.

Clean the iron each time you use it by letting it cool and then wiping it with a clean dry cloth or brushing it with a wire brush. Be sure the iron is thoroughly cool before closing it for storage. If you give the grids this recommended care, you won't need to grease them before each use or reseason them.

It isn't necessary to wash the grids; washing is apt to cause extra work because you might need to season them again. Even though the grids discolor, don't wash them, says the specialist. This discoloration does not affect the quality of the baked waffles.

To season the waffle iron grids, brush them thoroughly with unsalted melted fat or salad oil. Then heat the iron to the smoking point, bake one waffle and discard it.





Tips for Making Tender, Flaky Pie Crusts

URBANA--Pies are in order for crisp November days, and especially for the coming holidays.

A tender, flaky crust helps to make a pie extra-good and flavorful. Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture, says that having the ingredients cold, handling the dough lightly and quickly, and rolling one crust at a time are tips for successful pie-crust making.

Be sure that the shortening and water are cold when you start to make the crust. Cool equipment will also help considerably.

After adding the shortening to the flour and salt, mix until the fat is well coated with flour--about the consistency of coarse meal. Add the water slowly, sprinkling it over a small portion of the fat and flour, and then toss with a fork.

Let the pastry stand about five minutes before rolling it, because it will be easier to handle. Handle the dough quickly and lightly to keep it cool and tender. Roll only enough dough for one crust at a time, using about one-half tablespoon flour on the board. The exact amount of flour you use depends upon your skill. If you desire, roll the crust, using a pastry cloth and rolling mitt, or roll between sheets of waxed paper.



Provide Toys Without Costs--Here's How

URBANA--If you've planned special care for children during your club or organization meetings and want to provide toys without any cost, here are suggestions from a University of Illinois child development and family relations specialist.

Miss Margueritte Briggs says that brightly colored pictures pasted on cardboard and cut into large pieces make easy-to-use puzzles. Or just supply the youngsters with bright-colored paper or pictures for cutting and pasting into a scrapbook made from wall and wrapping paper. For cutting, be sure to provide scissors with rounded ends.

Painted tin cans with rolled upper edges are good for holding small playthings, such as colored empty spools or clothespins. Or the cans may even be used for stacking and building, in the same way as small sanded wood blocks. All the ingredients needed for a threading game are large buttons and some lacing cord or a stringer.

Children from two to five years enjoy finger painting; you can make the paint at home with one-half cup starch, one and one-third cups boiling water, one-half cup soap flakes, one teaspoon glycerin, and some vegetable coloring.

Just mix the starch with a small amount of cold water, add the boiling water and cook the mixture until it is clear and glossy. Stir in the dry soap flakes, cool and then add the glycerin. Pour the mixture into several small jars and then add the coloring.





Send for Variety Meat Cookery Chart

URBANA--Variety meats can be tasty as well as nutritious. Liver, heart, kidney and tongue are extra-flavorful, while brains, tripe and sweetbreads are delicate in flavor.

Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture, says that variety meats might be economical buys now, because they have little or no waste.

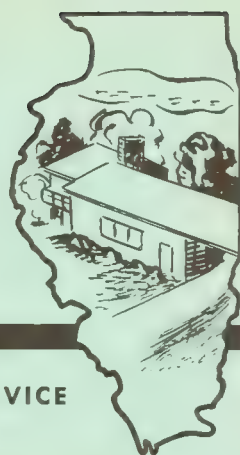
Cook variety meats according to their tenderness, just as you do other cuts of meat. Brains, sweetbreads, liver and kidney from young animals are tender and should be prepared by dry heat methods--broiling, frying and baking. Brains and sweetbreads are usually precooked before broiling, frying, creaming or using in other ways. The less tender tongue, heart, tripe, beef kidneys and beef liver need long, slow, moist cooking--such as braising and boiling.

Miss Acker has prepared a "Variety Meat Cookery Chart" which is yours for the asking. It includes approximate weights of the different variety meats, their preparation and methods of cooking. Send your request to the department of home economics, 206 Bevier hall, Urbana, Illinois.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 12, 1951

## Here's How to Face Heavy Fabrics

URBANA--When you're working with heavy coat or suit fabrics, do you get a "homemade look" because facings show on the outer edges?

Clothing specialist Ritta Whitesel, University of Illinois College of Agriculture, tells how to get a professional look in home sewing. To make a seam roll under on the edge, cut the collar, cuff or patch pocket and the facing from the same pattern and on the same grain.

Then cut one-eighth of an inch off the facing edge. Pin together the right sides of the facing and collar, cuff or patch pocket--matching corners, end, centers and all edges. You may need to hold the top piece slightly full and stretch the facing to keep the edges together. Now stitch on the regular seam line.

To eliminate bulkiness, trim the top side seam edges to one-fourth inch and those of the facing to one-eighth inch.

Clip edges at the corners. If the edge is curved, cut small notches in the seam close to the stitching edge. Turn the collar, pocket or cuff to the right side and work the facing back slightly from the edge. Baste into place and press.

1. The first part of the document is a letter from the President of the United States to the Congress, dated January 3, 1862.

2. The second part is a report from the Secretary of the Treasury, dated January 3, 1862.

3. The third part is a report from the Secretary of the Interior, dated January 3, 1862.

4. The fourth part is a report from the Secretary of the Navy, dated January 3, 1862.

5. The fifth part is a report from the Secretary of the War, dated January 3, 1862.

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10. The tenth part is a report from the Secretary of the War, dated January 3, 1862.

Provide for Social Development via Toys

URBANA--Before the holidays is a good time to take stock of your youngsters' toys, says child development specialist Mrs. Marion McLaughlin, University of Illinois College of Agriculture. Some of the toys should give the children opportunities to develop socially.

One way to promote social development is to provide games in which several children can participate. Sets of blocks, farm animals and doll house furniture will bring about shared play. With these toys the youngsters can begin to understand good sportsmanship and fair play while they learn how to get along with each other.

Little children like to imitate the actions of adults. They pretend they're doing mother's or dad's work. Girls like housekeeping equipment, dress-up costumes and dolls, while the boys favor trains, tractors, cars and shovels.

Sometimes the boys share the girls' toys, and the girls like to play with the boys' playthings. Parents should be glad when this happens, for it means that not only are the children developing the ability to play together socially, but when they "play house" with the girls, for example, the boys are taking a healthy interest in their parents' homemaking activities. Girls who play with the "traditional" boys' toys should also be encouraged, since these toys are excellent for developing both social and motor skills.





Camouflage Wide Hips--Here's How

URBANA--If your hips are wide and shoulders narrow, follow these suggestions when buying a pattern or a dress.

Clothing specialist Myra Baker, University of Illinois College of Agriculture, says wide hips can be camouflaged by emphasizing vertical lines and directing attention to the center of the figure.

Choose a pattern or garment that directs the eye to the top of the figure through yoke, collar and cuff treatments. This makes the upper part of the figure seem wider and, by comparison, reduces the size of the lower figure.

For example, a yoke or yoke effect with lines that lead up and out to the shoulder is good. When the lines are repeated in the collar, the shoulder line appears even wider. Always be sure that collar and cuff details are large enough to avoid emphasizing the size of the hips through comparison in scale.

Look out for wide unbroken areas in the skirt of the garment. Such treatment emphasizes hip width.



Add Variety to School Lunch--Here's How

URBANA--Pack an extra surprise into your youngster's school lunch by preparing sandwiches with butterscotch bread.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says this bread serves a dual purpose; it doubles as sandwich makings and a sweet-tooth food.

BUTTERSCOTCH BREAD

Temperature 350° F.

Time: 45 minutes

2 cups sifted all-purpose flour  
1/2 teaspoon baking powder  
3/4 teaspoon soda  
1/4 teaspoon salt

1 egg  
1 cup brown sugar  
1 tablespoon melted fat  
1 cup sour milk or  
buttermilk  
1/2 cup nuts, chopped

1. Combine flour, baking powder, soda and salt. Sift together.
2. Beat the egg, add melted fat and milk. Mix with brown sugar.
3. Add dry ingredients alternately with the milk mixture; add nuts.
4. Pour into greased loaf pan and bake.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 19, 1951

## Provide Variety of Toys for Your Youngsters

URBANA--Parents should make sure that their children have a well-balanced variety of toys to contribute to all-round development, says a University of Illinois child development specialist.

Mrs. Marion McLaughlin says that every child should have toys to satisfy his interest in these types of play: active physical, manipulative, imitative, social and creative or imaginative.

Be sure to consider age level when making or buying toys for holiday giving. Children aged one to two years like the active physical toys which help them to practice walking. Some of these are push-and-pull toys, wagons, simple wooden trains and string of spools to pull or drag.

For active physical play for older children, select sports and gym equipment, balls, skates, slides and skis.

When a child is two to four years, he likes the same toys he did at one or two years, but he also favors such things as a sweeping set, various-sized balls and small carts with long handles.

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## Provide Variety of Toys for Your Youngsters - 2

You can encourage manipulative play by providing small, bright-colored blocks, boxes to fill, empty, open and close; and peg and disc sets.

From three to five years of age, a child will enjoy most of his old toys plus some of these: light logs, large hollow blocks, tricycle, wheelbarrow, screwing toys, pounding board and climbing apparatus.

Realistic housekeeping equipment, such as a stove, dishes, clothesline and pins and a toy iron play a role in your child's imitative play. Such toys also help in social development, because several youngsters may "play house" together.

Provide plenty of toys for creative play so that your children--both small and large--can express their feelings and ideas. Choose such things as painting equipment, colored paper for cutting (with blunt scissors), finger paint, hobby kits and nature specimens.

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## A Tip for Buying Citrus Fruits

URBANA--Compare prices of the small and large sized citrus fruits at your local markets. If the smaller sized fruit suits your family needs, it may be the more economical buy.

Midwest wholesale fruit and vegetable markets report that both small sized oranges and grapefruit have been selling at lower prices than the larger fruit.

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Prevent Holiday Shopping Headaches

URBANA--Young children's visits to department stores during the busy preholiday season need to be carefully planned and handled.

Mrs. Millicent Martin, child development specialist, University of Illinois College of Agriculture, has these suggestions:

When your youngster wants to see Santa Claus at one of the department stores, take him when the store is least crowded. Don't force him to shake hands with Santa or sit on his lap if he doesn't want to, says the specialist. Make it a pleasant trip--not a frightening one.

Take the child home when the visit is over. Don't subject him to an all-morning or afternoon shopping trip. Children become tired and fussy, and so do the parents. Parents may speak crossly or spank the children; that is embarrassing to both.

If your child wants to buy one or two gifts for Christmas giving, it's a good idea to plan another trip to the store, says Mrs. Martin. Too much tension and excitement in one day quickly leads to irritability.

And help your child decide what gifts he wants to buy before he goes to the store. Take him to the section in which he can buy that present, and let him do much of the choosing.





Examine Kitchen Storage Now--Says Specialist

URBANA--A check on your kitchen storage space may save precious time and energy during busy holidays, says home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture.

You may need additional work space for holiday baking. Use a table on wheels, if you have one, or equip a card table with a protective cover, suggests the specialist. This extra work space is especially valuable when holiday preparations are a family affair.

Another step you can take is to get out of the way equipment and utensils you won't need in the wintertime. Those related to food preservation is one example. Replace them with cookie cutters, baking pans, a large roaster and other extras you'll need for doing fancy baking, making candy or roasting the holiday bird. Examine this equipment carefully to see that it's all in good condition to use.

Store frequently used supplies so that they are easy to see, easy to reach and easy to grasp. Remember that it takes nine times as much energy to reach a bowl stored three inches from the floor as to get one from a height of 42 inches.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 26, 1951

## Little Time Needed for This Steamed Pudding--Try It

URBANA--Shorten the time it takes to prepare your favorite steamed pudding by using your pressure saucepan.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, tells how to save time in preparing this special holiday treat. You can make the pudding ahead of time and reheat it for serving.

Custard cups, cans and molds are suitable for making the pudding in the saucepan. Grease the bottom of the container with unsalted fat or oil, and fill it only to the two-thirds level. If you filled it to the top, the pudding would be heavy and soggy because there would be no room for it to rise. Cover the container with three layers of waxed paper or two layers of aluminum foil.

Place the mold, cups or cans on a rack in the saucepan. If you use small cups or molds, you can steam two layers at a time. Just be sure to stagger the cups on a second rack. Add at least two cups of boiling water; use enough to keep the pan from boiling dry.

Steam the pudding without pressure for about 15 minutes. This step gives the baking powder or soda a chance to form gas. Then

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## Little Time Needed for This Steamed Pudding - 2

tighten the cover and cook the pudding at 15 pounds' pressure. Size of the containers will determine the necessary time. Number 2 cans require about 25 minutes; smaller containers, a shorter time; and larger ones a longer period.

Remove the saucepan from the heat when the time is up. Allow the pressure to return to zero at room temperature, and the pudding is ready to serve.

However, if you will not be serving the pudding until a later meal, remove the containers from the pan, and let them stand for five or 10 minutes. Then take the pudding out to cool. It's a good idea to store it in the cans or cups you used for the processing. When ready to serve, reheat it in the top of a double boiler or on a rack in the saucepan.

Here is a master recipe for the steamed pudding. Tasty variations can be made by adding one cup chopped apples, dates, cranberries, drained canned cherries or pineapple. Or you can add two tablespoons finely cut candied ginger or three squares unsweetened chocolate (melted). Serve with a hard or foamy sauce.

### MASTER STEAMED PUDDING

2 1/2 cups sifted enriched flour	2/3 cup sugar
1/2 teaspoon salt	1 egg
4 teaspoons baking powder	1 cup milk
1/3 cup fat	

Sift the dry ingredients. Cream the fat, add sugar, and cream thoroughly. Add the egg. Alternate the addition of flour mixture and milk. Steam.



Choose Durable, Easy-to-Clean Toys

URBANA--Give your child a "voice in the choice" of a toy this holiday season. He may pick it out from several suitable toys at the store. He may show what he likes by playing with the toys at another child's house. Or he can tell his parents several things that he would like so that they can choose the one most suitable for his age.

Don't "push" your child by giving him toys that are beyond his level of maturity. Nor should your child be held back by letting him keep toys that are too young for him.

Mrs. Marian McLaughlin, child development specialist, University of Illinois College of Agriculture, emphasizes this point because, as children grow older, parents tend to buy a toy they like rather than the one that would fit the child.

One example of a well-chosen toy is a good set of rather large blocks that match and fit each other. Parents can observe a child's mental and muscular progress by watching how he uses the blocks at different ages.

An example of an ill-timed toy is a peg board with very small holes and pegs for a three-year-old child. A child of this age does not have the fine hand and wrist motor skills that are necessary to manipulate this kind of toy. It should be saved until he begins to develop these skills at five, six or seven years.

The chosen toy should also be durable and easy to clean, reminds Mrs. McLaughlin. If it is supposed to come apart, it should come apart easily; but when it is together, it should stay together. And the child himself should be able to take it apart and reassemble it with little or no adult assistance.



Two Ways to Keep Skirts Neat and Trim

URBANA--Two ways to help you avoid "seat springs" or ugly bulges on those pencil slim and even slimmer skirts were suggested today by Miss Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture.

Pressing correctly and at the right time is one way. With a damp press cloth under a heavier dry one, steam the bulge after each wearing. You'll want to let the skirt hang for 24 hours to dry thoroughly. Pressing just before wearing will make the bulge worse, since the material will still be damp.

A more permanent way to avoid a "seat spring" can be accomplished by lining the back of the skirt with taffeta. This taffeta lining is firm and won't stretch. And because it is narrower than the back of the skirt, it will prevent the skirt from stretching.

Cut a taffeta back by the skirt pattern back, making it about eight inches shorter than the skirt itself. Then remove the pattern and trim off the side seams one-fourth inch, beginning at the bottom and tapering to nothing at the waistline. Hem or pink the lower edge of the taffeta. Pin this panel to the back of the skirt, and continue making your skirt as usual.





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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 3, 1951

## Prepare Gradually for Holidays

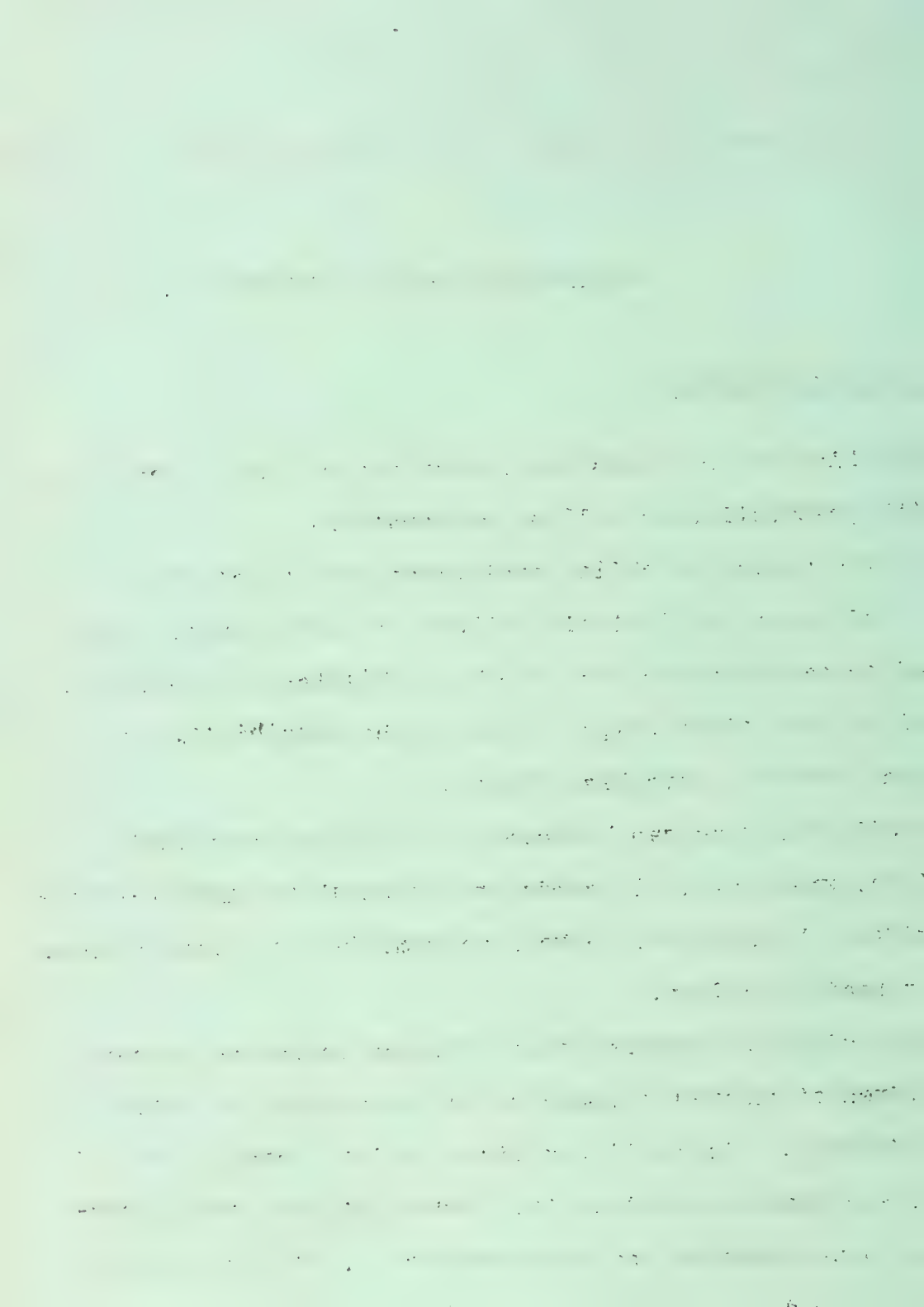
URBANA--Plan for holidays the family way so that each member can help with preparation as well as celebration.

That's the advice of child development specialist Mrs. Barbrea Rogers, University of Illinois College of Agriculture. Gradual planning and preparation are best for both children and grownups. A slow growth of holiday plans helps to remove the possibility of overexcitement and tension, says Mrs. Rogers.

One family fun-time can be devoted to looking over last year's decorations, wrappings, old cards or equipment for making greeting cards and gifts. Youngsters, as well as mom, dad and grandparents, can join in this family project.

Making a gift for someone helps children learn the concept of giving. Children often want to make gifts for members of their family or their friends. The small fry might paint a can to be used as a wastebasket and place a decal on it. Older children can finger-paint a design on a wastebasket and then shellac it. Some youngsters can make potholders or do other needlework. Father and son woodworking teams can turn out some fancy Christmas gifts, such as candle holders or chests for toy storage.

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## Prepare Gradually for Holidays - 2

Children can help to make the family greeting cards, using such simple techniques as stenciling, potato printing or spatter painting. Making cards or gifts helps children realize that Christmas is their own rather than something they buy at the store.

A child may wish to give one of his drawings or paintings. When he does, the receiver should show appreciation for the effort and creativeness that have gone into the gift.

Selecting the Christmas tree is another holiday "special" in which the whole family can participate. You can do that job a week early so that all the important phases of the celebration won't come in one day.

Decorating the tree is great fun when it is a family project. Children can hang the metal ornaments until they gradually learn how to handle the breakable ones. Or they may want to trim a small tree of their own.

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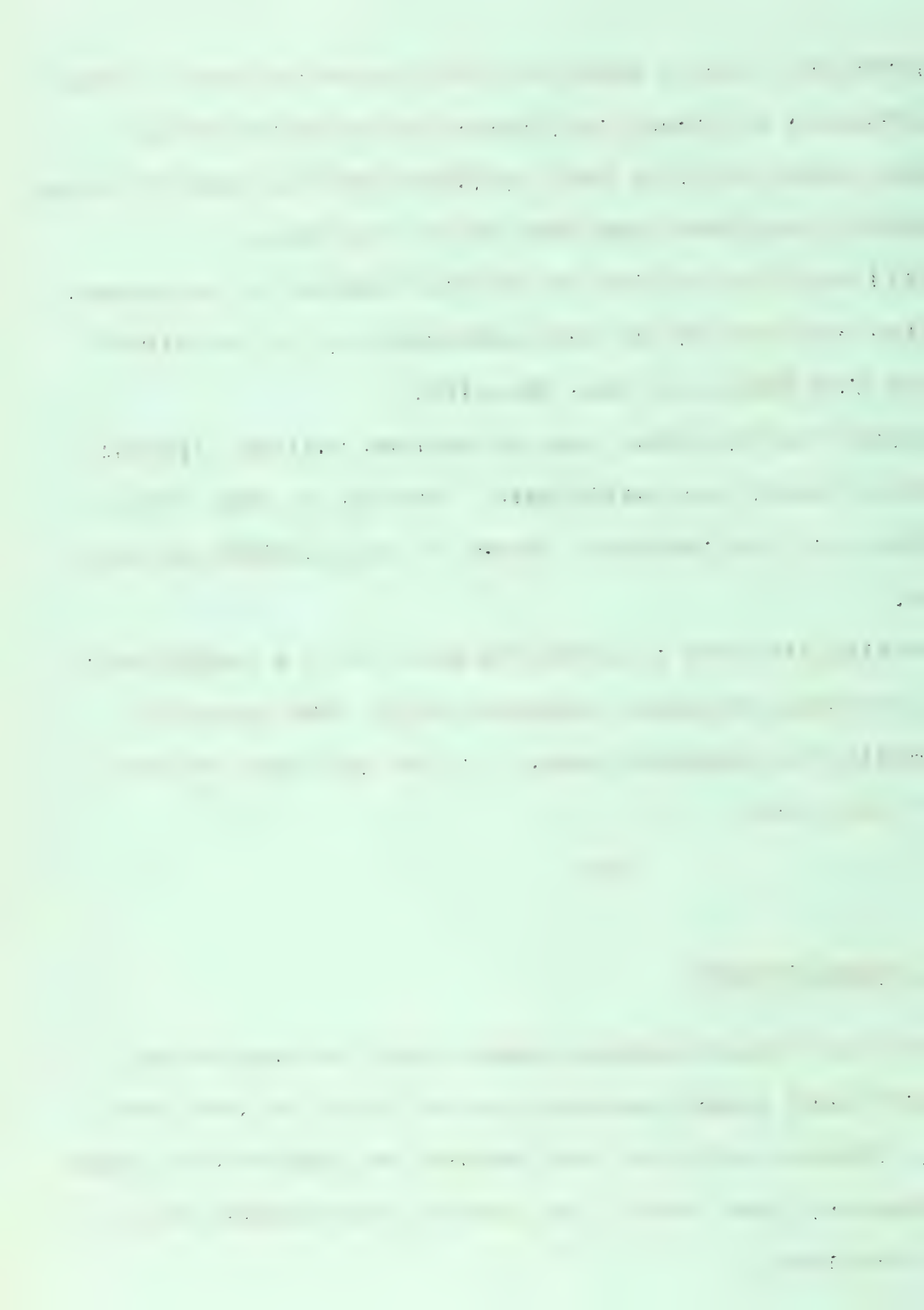
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## One Way to Cut Budget Corners

URBANA--Buy topped carrots--rather than the ones which still sport their leafy green tops--and you're likely to save some budget pennies. Carrots with the tops removed are just as nutritious as those with tops on. And they'll do right by your relish plate or vegetable dish--for less.

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Your Vitamin C Insurance Pays Dividends

URBANA--It may take a little more planning to be sure that your family gets enough vitamin C during the winter months. But a liberal amount of this vitamin may help to prevent colds and infections.

You can take out this "insurance policy" for vitamin C, or ascorbic acid, by serving many citrus fruits and juices and raw vegetables and by cooking vegetables only a short time, says Dr. Marian Tolbert, nutritionist, University of Illinois College of Agriculture. The short cooking time is recommended because vitamin C is readily destroyed by heat in the presence of air.

Serving one rich source of vitamin C each day is the way to enforce this policy. Oranges, grapefruit, lemons, tangerines (or their juices) or tomato juice served at breakfast provides a goodly amount of this vitamin. If you substitute other juices, such as frozen concentrated grape juice, for example, check before you buy it to see that it is fortified with ascorbic acid.

Use plentiful cabbage and turnips frequently in your winter meals. Add diced turnips to salads or, if your family prefers, eat them raw as a relish.

Potatoes are a rich source of vitamin C, but the way you prepare them will determine how much of the vitamin remains when you bring the potatoes to the table. Baking prevents some oxidation and helps to preserve the vitamin; short cooking in little water will also help.



Needle 'n' Thread Tricks for Christmas

URBANA--The youngsters in your family will get a special treat out of the stocking-hanging tradition at Christmas if they have the same sized stocking as big brother or mother.

Clothing specialist Gladys Daniels, University of Illinois College of Agriculture, says you can usually find the makings for Christmas stockings right at home. Perhaps someone has an old red flannel bathrobe or coat. Or if you don't have any gay, colorful material on hand, you can dye some at home. Old worn clothes that are clean can be cut and made into stockings.

Use an old sock or stocking for the pattern. For special interest, make one with a cuff at the top. Insert a loop at the top of the stocking so that it will be ready for hanging and filling.

Add a special note by embroidering the owner's name on the cuff of the sock. Or use a loop stitch to work a fuzzy Christmas tree or other design on the leg.

If you want detailed directions for making the sock, write to the home economics department, University of Illinois, Urbana.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 10, 1951

(Note to Editor: This is the first in a series of three stories on family play and recreation.)

## "Plan for Play," Expert Urges Families

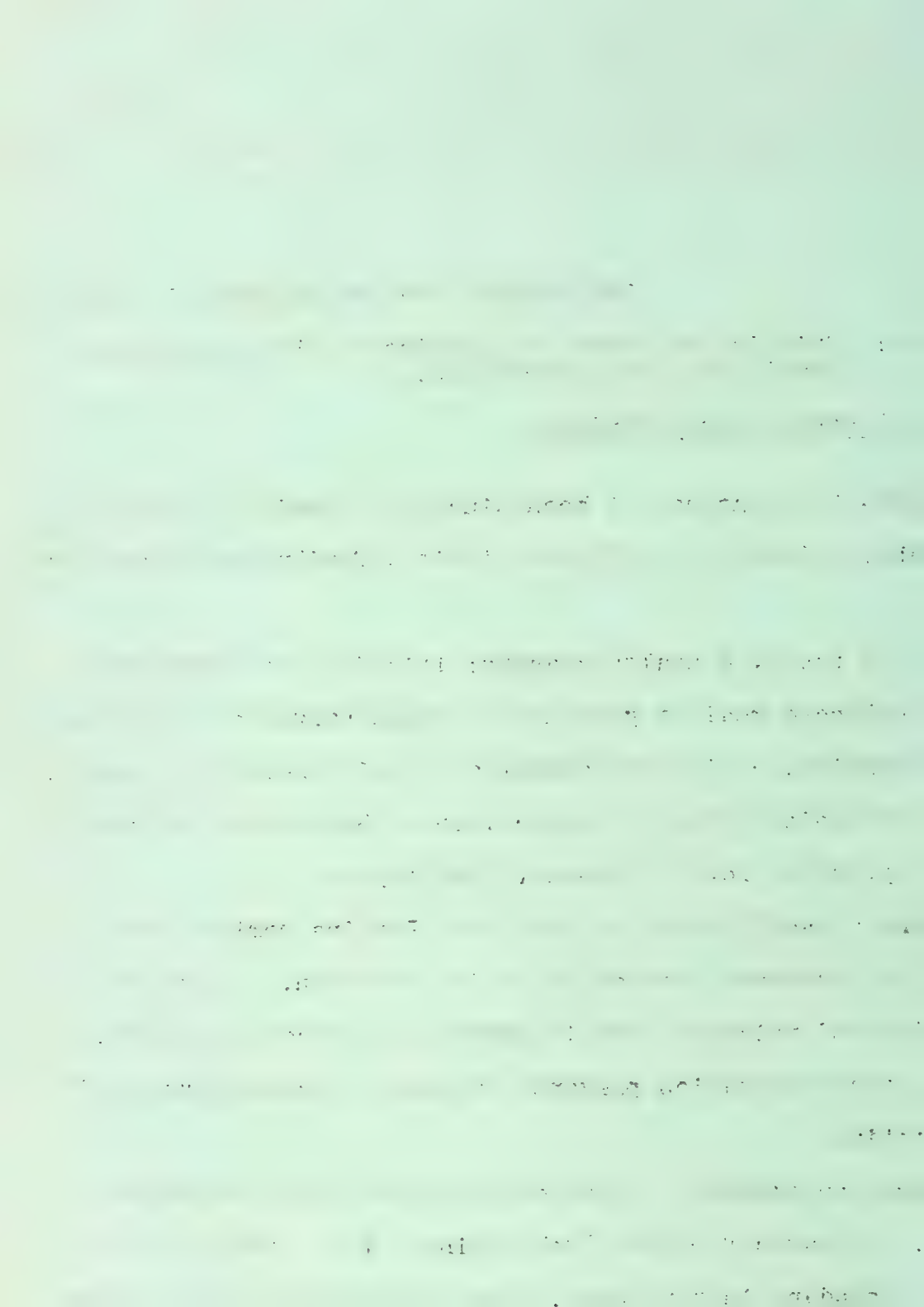
URBANA--How long has it been since your family "played" together? Probably a long time--if yours isn't a family that plans for recreation.

Play is really a health measure; it's just as important as eating a well-balanced meal or getting the crops harvested, believes Dr. Nellie L. Perkins, child development and family relations expert, University of Illinois College of Agriculture. But recreation has to be planned and provided for; it doesn't just happen.

Urging a family plan for play, Dr. Perkins reminds that recreation is as necessary for adults as for children. It can be both stimulating and relaxing, and it makes your personality grow. Remember, too, that recreation prevents fatigue, discouragement and loss of perspective.

Having fun together is one of the most effective methods of socialization. It makes for that "we" feeling. If, from the first, recreation is abundant in your home, there will be much more chance for success and happiness, comments Dr. Perkins.





Happy Holidays Include Adequate Sleep

URBANA--Plenty of sleep and rest during busy holidays is beneficial for both parents and children. It helps to prevent crankiness and irritability, two frequent results of fatigue.

Health specialist Pauline Brimhall, University of Illinois College of Agriculture, says you should pay special attention to the amount of sleep your children get before, during and after the Christmas holidays.

Children vary in the amount of sleep they need, just as they do in necessary food. But most children two to three years old need at least 12 1/2 hours of sleep; those four to five years of age need about 12 hours.

A child should go to bed tired, but not too tired. And the best way to judge the adequacy of sleep and rest is to determine whether the child seems rested when he gets up. Children seldom say they are tired, so it's the parents' responsibility to see that they get enough rest and sleep.

Several ways to develop good sleep habits are through regularity in retiring; a quiet, relaxing period before going to bed; comfortable bed clothing; and good attitudes toward sleep.



Orange Nut Bread Extra-Tasty

URBANA--A tasty bread for the holidays and one that's also good for your youngster's school lunch is orange nut bread.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says that this bread stores well. And it's good either steamed or baked.

ORANGE NUT BREAD  
(one loaf)

Temperature: 350° F.

Time: 1 hour

1 large orange  
Boiling water  
1 cup raisins or dates  
1/2 cup sugar  
2 tablespoons fat, melted  
1 teaspoon vanilla

1 beaten egg  
2 cups sifted all-purpose  
flour  
1 teaspoon baking powder  
1 teaspoon soda  
1/4 teaspoon salt  
1/2 cup nuts, chopped

1. Squeeze juice from the orange into a cup. Fill cup 3/4 full with boiling water.
2. Put orange rind through grinder, and add enough dates or raisins to ground orange rind to make 1 cup.
3. Place orange and dates in bowl, add orange juice and water, stir in sugar, fat, and vanilla.
4. Add egg, flour sifted with baking powder, soda, and salt.
5. Bake in greased loaf pan.





Roast Holiday Birds or Ham Without Cover

URBANA--Roast your holiday meat to perfection by using the correct technique. Some homemakers say they are "roasting" meat when they cook it in a covered roaster in the oven. But that is really braising it--a moist heat method that is unnecessary for tender meat.

Miss Mary Fuqua, foods specialist, University of Illinois College of Agriculture, says that correct roasting gives better flavor and appearance and results in less shrinkage and loss of juices.

So make the most of your holiday meat by roasting it at a low to moderate temperature (300° to 350° F.) on a rack in a shallow open pan. No water, basting, cover or searing is necessary.

If you've chosen poultry for your Christmas dinner, be sure to truss it before roasting. Binding the legs and wings to the body helps the bird cook uniformly and brown evenly. It also helps to keep the original shape.

Use a meat thermometer to determine time and temperature for roasting meat. It's the best way to be sure the meat has been roasted long enough and to the desired degree of doneness, believes Miss Fuqua. Insert the thermometer so that the bulb is in the center of the largest muscle. Be sure it is not resting on a bone or in fat.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 17, 1951

## Try Hot Vinegar Dressing on Greens

URBANA--If the price of your favorite greens has jumped outside family budget limits, try others such as endive, escarole or spinach. Your local market may have a better quality and more reasonably priced supply of these greens.

It's easy to recognize curly endive because it grows in a bunchy head with narrow, ragged-edge leaves that curl at the ends. The center of the head is yellowish white, and it has a milder taste than the darker green outer leaves.

Escarole--sometimes called broad-leaf endive--differs from curly endive only in that all of its leaves are a dark green; and as the name implies, the leaves are broader. And remember that two types of spinach are available--the crinkly and flat leaf.

Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture, says that these greens add a pleasing variation to meals. They are especially tasty when served with hot vinegar dressing.

To make the dressing, cut two slices of bacon into small pieces, fry them until crisp, and remove from the pan. Pour into the

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1. The first part of the report is a summary of the work done during the year.

2. The second part is a detailed account of the work done during the year.

3. The third part is a summary of the work done during the year, and a list of the names of the persons who have been employed during the year.

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Try Hot Vinegar Dressing on Greens - 2

bacon fat a mixture of one slightly beaten egg, three to four table-spoons of sugar and about one fourth cup of vinegar, which has been diluted to taste. Cook until thickened, stirring constantly.

Scatter the bacon and one-fourth cup finely chopped onion over well-washed and drained greens. Pour the hot dressing over them, toss, and serve at once. This recipe makes enough dressing for about a quart of greens.

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Choose Firm, Bright Tangerines

URBANA--Tangerines galore are rolling into midwestern markets as shipments from Florida become heavy. Wholesale fruit market reporters say that prices tumbled as the above-average crop began to arrive.

To get good quality, choose tangerines that have a bright color and are firm to the touch; these will have the most juice. The large, puffy fruit may be dry and stringy.

Use tangerines in any orange recipe calling for fruit sections; they are good in fruit salads, molded gelatin desserts and puddings.

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(Note to Editor: This is the second in a series of three stories on family play and recreation)

Adult Participation Necessary for Family Play Success

URBANA--Ways to get "play back into the family" were suggested today by a University of Illinois child development and family relations expert.

Dr. Nellie L. Perkins says that adult participation is necessary for the success of family play. Parents and older family members, as well as children, must get into the "swing" of the fun.

And when you play, you should "really play." To enjoy it, you must have serious intent, says Dr. Perkins. If you play tiddly-winks for five minutes, abandon yourself and get lost in tiddly-winks; if hopscotch is the family choice, really enjoy it, she says.

Play is a way for adults to renew old skills and for children to learn new ones. The adults should be willing to learn from the children. Then both sense how the other feels in a learning situation.

Remember these points when you choose the different ways to play together: Recreation for the whole family should include some things for all ages, be relaxing for mother and be in keeping with the family budget. It should be stimulating for all, hold the family together, have high interest and develop cooperation. Above all, it must be fun.

Through recreation, family members can develop ideas of sharing and can also channel their thoughts in new directions. They can become creative if given a chance to experiment with new play materials.



Remove Fruit Stains Quickly

URBANA--Those holiday fruit stains will be easier to remove if they are rinsed with cold water just as soon as possible after you notice them.

Miss Florence King, textile and clothing specialist, University of Illinois College of Agriculture, warns against using soap on the spot. Many fruits contain tannic acid, which reacts with the alkali in soap. A brown discoloration results, making the stain even harder to remove.

You can bleach the stain out of white material if the cold-water treatment doesn't remove it. First pat the stain with a cloth moistened with a bleaching reagent--any chlorine solution. Apply a small amount at a time until the stain disappears. Then rinse thoroughly to remove all of the bleach.

If the material can't be bleached and cold water won't take out the stain, pour boiling water through the material from a height of one foot.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 24, 1951

(Note to Editor: This is the final story in a series of articles on family play and recreation.)

## Plan Family Fun--Here Are Tips

URBANA--Don't let "what to do" for fun stop your family plan for play. Just include amusement, recreation and re-creation, says Dr. Nellie L. Perkins, child development and family relations expert, University of Illinois College of Agriculture.

"All-round" fun includes quiet and active play, hobbies, family trips and vacations. Family members need to recognize the fact that there's a time to use quiet voices, another to use big muscles and vocal cords.

One example of quiet play is a guessing game for the few minutes between activities or jobs. And perhaps a family orchestra with kitchen "instruments" would be special active fun for your family. One person could use a pan and wooden spoon, another a deep pot, someone else glasses containing different amounts of water and a spoon or fork to make them chime.

Hobbies are re-creation as well as recreation. Everyone in the family must respect the others' hobbies and show interest and appreciation. Willingness to share what the other is doing makes a

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## Plan Family Fun--Here Are Tips - 2

hobby a family affair and has a "binding" effect that gives genuine satisfaction on both sides--that of the doer and that of the appreciator. Try it.

Afternoon and week-end trips are good ones for family fun, and they can be educational. Each person should have a voice as to where the family is going, what they'll do and what to take along. One recreational facility that is often neglected is the state parks. They're not being used by the majority of families, comments Dr. Perkins.

Anticipation and preparation for the family vacation are almost as important as the actual vacation. And remember that every family member should join in the planning.

Where can families get more information about family-made fun? Dr. Perkins suggests the University of Illinois College of Agriculture Extension Service; libraries; book stores; the National Recreation Association, New York; U. S. Children's Bureau, Washington, D. C.; and travel bureaus--even if you never leave your own fireside. You can also get bulletins from out-of-state universities for a small charge.



(Note to Editor: This is the first of two stories on planned grocery buying.)

Save Time, Money by Shopping Weekly

URBANA--Weekly shopping is wise shopping, believes Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture.

One shopping trip can do the job of several, and it also saves some of your precious time, money and energy. Knowing that all of the week's food is in your kitchen also gives a sense of personal security.

To do your shopping each week, you'll need to plan your meals carefully ahead of time. This good management practice will insure your family of the food they need each day, served in appetizing meals.

"Most of us can whip up a meal in a hurry," comments Mrs. Lamkin. "But if all of our meals are unplanned, their nutritive values may fall short of recommendations, meals are likely to be monotonous and the homemaker won't have the satisfaction of a 'job well done.'"

Buying by the week also makes it possible to buy larger meat cuts for less money. For example, half a ham sells for considerably less than a center slice. Plan three economical meals around half a ham--one meal could have as a main dish a roast; another, broiled slices; and the third, a shank for a boiled dinner.

Planned buying also enables you to shop at a time when you'll get good service, when it's least crowded and when the quality of food is at its best.





Specialist Gives Snowsuit Washing Tip

URBANA--You'll do a better job of washing your child's snowsuit if you will stretch the woolen areas while the garment is still wet.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says that most woolen snowsuits have a cotton outing flannel lining. You're likely to get a difference in shrinkage of the two materials, and stretching the wool before it dries will help to bring the two back to the same size.

Use lukewarm soft water and mild soap for washing the suit. If you have hard water, add a water softener according to the manufacturer's directions. Squeeze suds through the fabric. You'll want to avoid rubbing--rubbing shrinks and hardens woolen materials.

Rinse well in water the same temperature as the wash water. Then squeeze the water out gently, do not twist the garment when squeezing. Use a mechanical wringer if you have one, because it presses the material and does not twist it. Dry in a warm but not hot place.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 31, 1951

## Keep Vaccination Records, Says Specialist

URBANA--Have your children recently had "booster" shots or doses against diphtheria, tetanus and whooping cough?

Health specialist Pauline Brimhall, University of Illinois College of Agriculture, asks this question of parents as she reminds that booster doses to prevent those three diseases are necessary before children go to school and the following five years. After a child is 12 years old, diphtheria immunization should be given only on the advice of the family physician.

And to parents with infants Miss Brimhall says, "Remember that the original immunization against diphtheria, whooping cough and tetanus should be given between three and 10 months in several doses and upon the advice of your doctor.

"Preventing a communicable disease is much easier than treating it," says the health specialist. "It costs less money, time and pain. And when children are immunized against a disease, parents don't have to worry about its aftereffects."

Smallpox protection should be given during the first year of life and upon entrance to elementary and secondary schools. If your child is exposed to smallpox, this dose must be repeated unless a suc-

## THEORY OF THE EARTH

The theory of the earth is a branch of geology which deals with the origin and development of the earth and its various parts. It is a science which seeks to explain the processes which have shaped the earth and its features. The theory of the earth is based on the study of the earth's history and the changes which have taken place in its structure and composition. It is a science which is constantly developing and changing as new discoveries are made and new theories are proposed. The theory of the earth is a branch of geology which deals with the origin and development of the earth and its various parts. It is a science which seeks to explain the processes which have shaped the earth and its features. The theory of the earth is based on the study of the earth's history and the changes which have taken place in its structure and composition. It is a science which is constantly developing and changing as new discoveries are made and new theories are proposed.



## Keep Vaccination Records, Says Specialist - 2

cessful vaccination within the past five years can be shown by a scar on the arm or available health records. And here's a reminder for adults: Smallpox immunization should be repeated every five or seven years throughout adult life.

A final tip from the health specialist: Parents should keep records of the types of immunization their children receive and the dates they are given. This information is frequently requested by doctors or school authorities. And mothers and fathers will have a certain peace of mind if they know when their children were vaccinated and when the vaccination must be repeated.

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## Plentifuls for Your January Shopping Lists

URBANA--Leading the list of January plentifuls are turkey, pork, and fruit, say market reporters, U. S. Department of Agriculture.

Peak marketings of spring pigs in December helped to build up large pork supplies in cold storage; hog marketings in January are also expected to be large. And the turkey stocks were up to the 106 million mark at the beginning of December; that means ample supplies through January.

Oranges, tangerines, dried prunes, raisins, and dates are the fruits in ample supply this January. Stocks of canned grapefruit juice are about four times as large as a year ago; those of frozen and canned orange juice are also plentiful.

Other protein plentifuls for January--in addition to the meat listed above--are navy beans, baby limas, nonfat dry milk solids, cottage cheese, canned tuna, frozen ocean perch fillets, whiting, and fresh lake herring and smelts.

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(Note to Editor: This is the second story on planned grocery buying.)

Save Time, Steps With Shopping List

URBANA--Take along a well-organized shopping list, and you may improve your weekly grocery shopping so that it takes only half the time.

It pays to have a shopping list, says Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture, because you'll remember everything you need, and save time because there won't be any hesitancy about buying a certain item. A well-organized shopping list promotes good buying, even though retail surveys show that much food is purchased through "impulse buying."

To make an efficient shopping list, write it in the order in which the store's departments are arranged. For example, list meats together, dairy products, fresh fruits and vegetables, and canned foods. It will save steps and time because you won't have to go to another part of the store for a forgotten item or one that is misplaced on the list.

Don't let your shopping list be too rigid; you may need to make changes or substitutions within a food group on the basis of available quality and prices.



Dacron--a New Man-Made Fiber

It sounds like a dream come true! This is what Dacron, a new synthetic fiber, has to offer--moisture seems to have no ill effects on suits made of 100 percent Dacron; it is non-absorbent, will not shrink, and dries quickly; creases hold a long time, even through a rain storm!

Textile and clothing specialist Florence King, University of Illinois College of Agriculture, says that this "baby" of man-made fibers is available on some markets; you'll find it as knitted and woven material in ready-to-wear garments.

The specialist has more to say about this new fiber. Traveling is made easy with a suit made of Dacron. You can jam it into a suitcase, and no pressing is needed because wrinkles fall out quickly.

Dacron comes through with a neat appearance even under the most difficult wearing conditions. Dry cleaning is cut to a minimum since spots can be washed off with soap and water. And it has the same long wear and easy care qualities of nylon.

This man-made fiber isn't so tough as nylon but shows less wrinkling and doesn't pucker as nylon does. It is crisp and warm to the touch.



Vol. 26, No. 19

It is a well known fact that the American people are not properly educated in the principles of health and hygiene. The average person knows very little of the proper care of his body, and is often misled by the claims of quacks and charlatans. It is the duty of the medical profession to educate the public in the principles of health and hygiene, and to show them the proper way to care for their bodies.

The first principle of health is to keep the body clean. This means not only the external body, but also the internal organs. The skin should be washed daily with soap and water, and the clothes should be changed frequently. The internal organs should be kept clean by eating a diet of pure, unadulterated food, and by avoiding the use of alcohol and tobacco.

The second principle of health is to keep the body active. The average person leads a sedentary life, and this is the cause of many of his ailments. He should take regular exercise, and should avoid the use of motor cars and other mechanical devices. He should also avoid the use of stimulants, and should get plenty of sleep.

The third principle of health is to keep the mind clear. The mind is the seat of the soul, and it is the duty of the medical profession to keep it clear and free from all impurities. This means that the mind should be kept free from all passions and desires, and should be devoted to the service of God.

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# homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 7, 1952

## What Is Your Family's Nutrition Score?

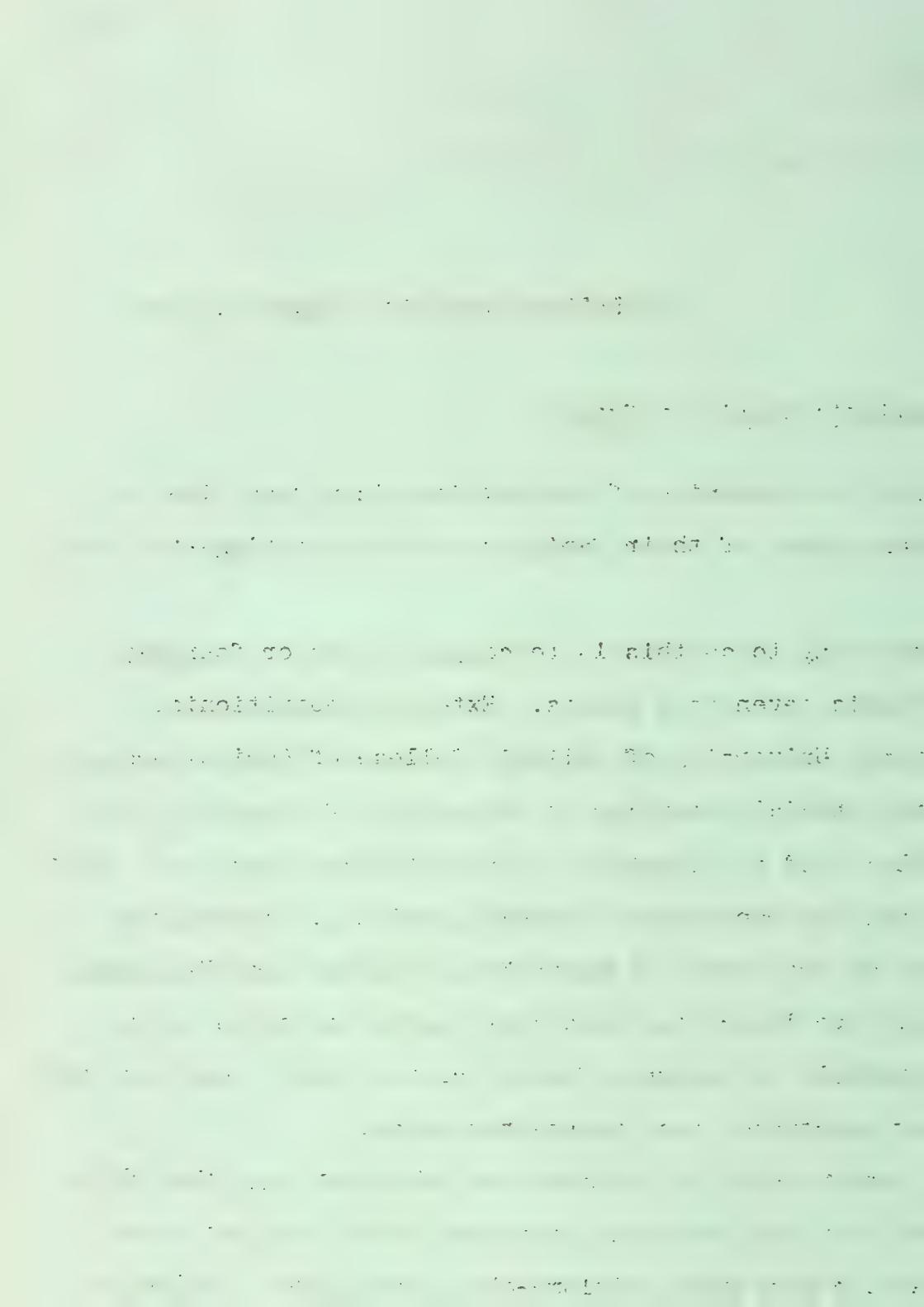
URBANA--The beginning of the New Year is a good time for homemakers to take stock of their family's nutrition rating--for good health's sake.

One easy way to do this is to compare three or four days' meals with the basic seven food groups. Extension nutritionist Grace B. Armstrong, University of Illinois College of Agriculture, asks homemakers to pay special attention to the amount of vitamin A, calcium, and ascorbic acid or vitamin C their family gets each day. Many rural diets do not include enough of these nutrients, according to research studies by the Bureau of Human Nutrition and Home Economics.

Once you've listed the food your family has eaten in one day, examine carefully the amount of milk, citrus fruit, tomatoes, and green and yellow vegetables each member has eaten.

Three and one-half to four cups of milk each day give children the calcium they need to build bones and teeth that are strong and healthy. Adults also need calcium--about the amount supplied by two and one-half to three cups of milk daily. This mineral is neces-

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## What Is Your Family's Nutrition Score? - 2

sary for muscles to contract properly and for nerves to carry their messages to the brain and sections of the body.

One or more servings of the mainstay sources of vitamin C--citrus fruits and tomatoes--are needed each day because your body can't store much of this vitamin. Half a glass of orange or grapefruit juice (fresh or canned), a glass of tomato juice, a whole orange or several tangerines go far toward meeting a day's needs. Other good sources of this vitamin are cabbage, green lettuce, green pepper, fresh strawberries and cantaloupe.

What role does vitamin C play in your family's health? Body tissues can't keep in good condition without it. Gums are tender and bleed easily, joints swell and hurt and muscles weaken when too little vitamin C is included in the daily diet.

Your eyes, as well as your nose, mouth, and inner organs, are good reasons to include in your daily meals a green and yellow vegetable. These foods supply carotenes which the body converts into vitamin A--a "must" for normal vision, especially in dim light, and important to the young for growth. Vitamin A also acts as a guard against the invasion of bacteria in the linings of nose, mouth and inner organs.

Animal foods supply vitamin A--some of these are liver, egg yolks, butter, whole milk and cream, cheese, and fish liver oils.





Guides for Long-Time Financial Planning

URBANA--One of the biggest helpers in making long-time money management plans is your last wedding anniversary.

How? Research studies on 166 farm family accounts by University of Illinois family economist Ruth C. Freeman show that peak family expenses come around 15 to 19 years of marriage, the second highest around 25 to 29 years.

Food, clothing, and housing improvement costs in the 15- to 19-year cycle were the highest and they counterbalanced the generally higher education and gift expenses of the 25- to 29-year group.

This study of expenditures for farm families from 53 counties also showed that the highest average income was received by couples observing their silver anniversary, the second highest for the 15- to 19-year cycle.

The newlyweds--those in the one to four year group--saved 31 percent of their income, used 63 percent for family expenditures, and the remainder went for interest and income tax payments.

Couples married five to nine years spent 76 percent of their average income on family expenses and saved only 20 percent. Their purchased food, operating costs, furnishings and equipment and church expenses were higher than those for the newlyweds. Main reasons for higher living expenses in this group are increased needs as children grow older and getting established in the community.

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FOR RELEASE WEEK OF JANUARY 7, 1952

Respect a Cold to Prevent More Serious Infections

URBANA--Colds are costly and time-consuming infections. More than 25,000,000 persons in the United States suffer from colds during the peak infection month--February.

Respect a cold and you're not apt to get more serious complications. Health specialist Pauline Brimhall, University of Illinois College of Agriculture, warns that a cold may be the start of a communicable disease such as pneumonia, influenza, whooping cough, poliomyelitis, or other serious respiratory diseases. And it may reduce body resistance enough to start such secondary infections as ear trouble, bronchitis, or sinusitis.

The most effective way to "pay your respects" to the common cold is to get plenty of rest. Bed rest or quiet activity at home gives your body a chance to build up fighting resistance. And isolation prevents spreading the cold to other persons.

A second way to respect a cold is through proper diet and fluid intake. Diets should be soft and easily digested. And fluids should be taken freely to keep the water balance in the body, as much liquid is lost through sneezing, blowing, and coughing.

Remember that the best way to respect a cold is to avoid it. The same measures for treating a cold can prevent one.



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for weeklies



# Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 14, 1952

## Homemakers Have Variety Plus in Program

URBANA--Better living is the general theme of the homemakers' program during the 51st annual Farm and Home Week at the University of Illinois January 28-31.

Special talks on poise, medicine, women in uniform, meat selection and preparation and home economics careers are main features of the women's sessions. Mrs. Mary F. Langmuir, professor of human growth and development, Vassar college, will discuss "Balancing the Conflicting Interests and Responsibilities of Homemakers." University of Illinois faculty members Miss Laura Huelster, head of the department of physical education for women, and Miss Miriam Shelden, dean of women, will also speak to the homemakers.

During this College of Agriculture event of the year, 13 classes on homemaking topics will be conducted by home economists and a marketing and horticulture specialist. "Sewing a Fine Seam," "Home Freezing," and "Child Guidance" are just three of the subjects. Classes will be repeated twice on Tuesday, Wednesday and Thursday at 9 a.m. and 1:30 p.m.

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# THE HISTORY OF THE

REIGN OF

CHARLES THE FIRST

BY

JOHN BURNET

OF THE UNIVERSITY OF OXFORD

IN TWO VOLUMES

LONDON

Printed by J. Streater, at the Sign of the Gun, in St. Dunstons Church-yard

1679

THE SECOND VOLUME

CONTAINING

THE HISTORY OF THE

REIGN OF

CHARLES THE FIRST

BY

JOHN BURNET

OF THE UNIVERSITY OF OXFORD

High School Kitchen Research Reported

URBANA--High school unit kitchens of U-, L- or corridor-shape can be equally functional if sufficient utensils and other supplies are stored so that they are easily available.

That's the conclusion of the University of Illinois research project on space and arrangement of unit kitchens in secondary schools. This study, sponsored by the more than 52,000 members of the Illinois Home Bureau Federation, has been under way this past year, and it is hoped that it can be continued.

Miss Letitia Walsh, University of Illinois home economics education specialist, reports that motion and time studies were made of eight high school girls as they prepared an individual and a group food project. Three different kitchen layouts--U-, modified U-, and L-shaped arrangements--were used.

Results in each of the layouts were similar when two mix centers were set up in each unit and when storage was well planned.

Three different types of storage contributed to the efficiency of the unit kitchens. They were divided drawers, file drawers and drawers in base cabinets.

The divided drawers, which were labeled, contained such supplies as measuring cups, mixing spoons and rubber scrapers. File drawers were used for baking and top-of-stove equipment, trays and cutting boards. The drawer storage in base cabinets proved to be more convenient than shelf storage, because fewer motions were required to remove stored items.

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## High School Kitchen Research Reported - 2

Duplicate pieces of certain utensils, such as measuring cups and spoons and wooden spoons, were located at work centers where they were used first or most frequently. These additions save confusion, time and steps. For example, measuring cups might be stored in three centers--the sink center and two mixing centers. Two mixing centers were found to be desirable in a unit kitchen to be used by four girls.

This first research project on Illinois high school home-making unit kitchens was initiated in September 1950. The women of the Illinois Home Bureau Federation sponsored the project because they believed that a kitchen with well-organized and convenient storage would encourage pupils to learn and to use good management techniques.

Students from Urbana high school participated in this research study, during which portable cabinet units were set up in the basement of Bevier Hall.

Miss Mildred Moore, another home economics education specialist, a mechanical engineer and a home economics research expert cooperated in the study to determine space and arrangement of unit kitchens. Miss Helen E. McCullough acted as a consultant for equipment placement and storage facilities. L. C. Pigage, associate professor of mechanical engineering, directed the motion and time studies.





Tips on Freezing Yeast Rolls

URBANA--If you're going to prepare some yeast rolls for your home freezer, it's a good idea to bake them before freezing.

According to research studies at the University of Illinois foods laboratory, quality is better when rolls are baked and then frozen, rather than frozen and then baked. This method is also more convenient, as less preparation time is needed just before the rolls are ready to serve.

Miss Virginia Charles, foods research specialist, says that the baked rolls keep their volume, texture and flavor for several months of freezer storage.

Use your standard recipe and techniques to make these rolls, and be sure to choose ingredients of the best quality.

Just bake the rolls in a moderately hot oven for 15 to 20 minutes, and then cool them on cake racks. Package them in aluminum foil or cellophane; seal the packages and freeze at once.

When you're ready to serve the rolls, place them--still packaged--in the oven. If they're wrapped in cellophane, turn the oven dial to 300 F.; if in aluminum foil, you can set the gauge at 00 F. Time for thawing and heating is about 20 minutes.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 21, 1952

## Homemakers' Opening Session Announced

URBANA--You'll hear about opportunities in home economics for your daughter and other young women in your community during the opening homemakers' session of the Illinois Farm and Home Week, January 28-31.

"Home Economics--Its Past" will be discussed by Mrs. Kathryn VanAken Burns, state leader of home economics extension. and Dr. Janice M. Smith, head of the home economics department, will tell Farm and Home Week visitors about the present and future of home economics.

Opportunities in this field will then be discussed by a panel of students. Each student will explain why she chose to major in home economics and the benefits she has already received from her training.

The session will be held in the Lincoln Hall theatre beginning at 1 o'clock on Monday afternoon.

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city of New York was 1,000,000

and the population of the city of London was 1,000,000. The population of the city of New York was 1,000,000 in the year 1880, and the population of the city of London was 1,000,000 in the year 1880.

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Buying Children's Clothes?--Examine These Points

URBANA--If you're going to take advantage of sales to add to your children's wardrobes, be sure to examine garments carefully for durability and flexibility.

Look at the stitching, seams, buttonholes and reinforcements to be sure you're getting good quality, says Miss Myra Baker, clothing specialist, University of Illinois College of Agriculture.

To get a high durability rating, the garment should have short and even stitches. Seams on firm cotton material or heavy garments should have pinked edges, while lightweight fabrics should have narrow French or stitched felled seams.

See that buttonholes are worked closely, so that they'll come through rugged play and clumsy buttoning with flying colors, comments Miss Baker. And check to see that reinforcements are made at special strain points, such as placket ends, knees, elbows, the underarm, at pocket corners and under buttons.

Choose firm weaves or closely knitted materials for washability as well as durability. Look for labels on shrinkage, color fastness and washing directions.





Freeze Eggs Separated or Whole

URBANA--A hearty egg supply and plenty of freezer space mean that its time to tuck some eggs into your freezer or locker. You can freeze them in three different forms--whole, whites or yolks. It depends on how you're going to use them.

Whole eggs with added sugar are suitable for custards, cakes or other baking, while those frozen with salt can be prepared as scrambled eggs. The whites are especially good for angel food cakes, while yolks with sugar should be used for soft custards or cakes and those with salt, for salad dressing.

Foods research specialist Frances VanDuyne, University of Illinois College of Agriculture, gives detailed directions for freezing eggs. Her first suggestion is to use clean, fresh, high-quality eggs.

To freeze eggs whole, break them and mix together thoroughly; do not beat. Add either salt or sugar in these proportions--one tablespoon sugar or one teaspoon salt for two cups of eggs.

The egg whites are the easiest to freeze. You don't need to mix or add anything to them. If you're freezing yolks, mix and then add a teaspoon of salt or a tablespoon of sugar to each cup.

After you've packed the eggs in moisture-vapor-proof containers, be sure to label them carefully, as you should set a time limit for use. Whole eggs and yolks should not be kept in freezer



## Freeze Eggs Separated or Whole - 2

storage for more than six months, while the egg whites can be stored for 12 months.

When you want to use the eggs, thaw them in the refrigerator overnight or for a shorter time at room temperature or in water.

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## Use Low, Moderate Temperature to Cook Eggs

URBANA--Egg prices have been on the down-slide for several weeks now. The U. S. Department of Agriculture estimates that production is running from four to five percent above that of a year ago and should continue to do so through February.

That's a cue for homemakers to serve this economical protein often in a variety of ways. Just remember to cook the eggs at low to moderate temperature to assure a tender product.

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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 28, 1952

## Treat Sore Throats Promptly

URBANA--Sore throats may be the warning sign of a serious infection or the beginning of one. If a sore throat lasts for more than 48 hours, it should be checked by a doctor.

Health specialist Pauline Brimhall, University of Illinois College of Agriculture, says that early medical treatment of nose and throat infections--within 24 to 48 hours--may prevent a more serious disease, such as scarlet fever, strep sore throat or rheumatic fever. At the same time, prompt treatment will shorten the period of illness and lessen the danger of complications, such as ear and kidney infections.

After a child has had a streptococcus type of sore throat, parents should carefully observe his general health for several weeks. If he is unusually tired, restless and not his usual self, or complains of pain in joints, put him to bed and consult your doctor.

Remember that the general procedure of putting your child to bed when he has a cold or sore throat is always a good health protection.

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Home Economics Students Speak at High Schools

Fourteen University of Illinois coeds are visiting high schools during their between-semester vacation this week to tell students about opportunities in home economics and at the University.

These young women, upperclass students in home economics, will discuss advantages of attending the University of Illinois, housing costs, campus activities, classes and other items of interest to prospective students. Faculty members and students held several briefing periods before their visits.

This project, sponsored by the Home Economics Student Council and the home economics faculty, is observing its second birthday this year. Last February over 1,000 high schoolers heard coeds discuss opportunities at the state university.

The young women and the cities they'll visit to speak to high school students are:

Janet Bayles, Pekin; Edith Bassler, Mascoutah; Jane Brubaker, Waggoner; Velma Riley, Griggsville; Dorothy Figge, Collinsville; Betty Johnson, Maroa and Clinton; June Gramley, Plano; Mary Lee Hill, Golden.

Mary Barlow will speak at the school in Arcola, Caryl Powsley, Naperville; Joyce Bolton, Keithsburg; Sally Peet, Highland Park; Peggy Lewis, Calumet High School, Chicago, and Barbara Buchholz, Melvin.



Try This Suggestion--A Family "Orchestra"

URBANA--An informal music session is fun for the family, and it helps to teach the small fry about rhythm and music.

A University of Illinois child development specialist, Mrs. Millicent Martin, suggests a family "orchestra."

"It's not a formal 'orchestra,'" she says. "Just mother and child or the whole family can use old pots and pans, bells, rhythm sticks, or tom-toms for their music session."

Percussion instruments--drums, castanets, bells--are especially suitable when children are beginning their musical experiences. They're easy to use and are also sanitary.

You can make tom-toms at home, says the child development specialist. Use a vegetable shortening or lard can--a three-pound size is good. First cut off both ends and paint it a bright color. Be sure to use a non-lead paint. Then stretch an inner tube over both ends. Fasten the tube by lacing with shoestrings pulled over the side of the can. Insert colored wooden beads on the side of the drum by tying them to the lacing.

Remember, says Mrs. Martin, that the instruments are not to be banged or thrown, but are to be played as they are intended to be used.





Suggestions for Preparing Winter Vegetables

URBANA--Now that vegetable costs are high, you'll welcome these suggestions for preparing some of the winter plentiful. They come from foods specialist Pearl Janssen, University of Illinois College of Agriculture.

Have you tried cooking cabbage Chinese style? Shred cabbage until it is fine, salt and toss in a skillet with melted butter for two minutes. Use one tablespoon butter to about one pound, or three and a half cups, of cabbage. Serve while it's hot. Spinach or other greens are good prepared in the same way.

If the members of your family are especially fond of natural onion flavor, they'll enjoy this casserole: Cut medium-sized onions in half, and place cut sides up in the casserole dish. Season with salt and pepper and dot with butter. Cover and bake three-quarters of an hour at 375-400° F.

Serve parsnips raw or cooked in your winter meals. One suggestion is to add shredded parsnips to pineapple salad. Or boil parsnips in their skins, peel and remove the woody center. Slice lengthwise and place the slices in a casserole in layers. Sprinkle brown sugar over each layer and dot with butter. Bake at 350-375° F. for about 30 minutes.



UNIVERSITY OF ILLINOIS      COLLEGE OF AGRICULTURE      EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 4, 1952

Examine Frame When Buying Furniture

URBANA--One basic test to make when buying upholstered furniture is to check on the frame.

Many people try furniture for comfort and examine the upholstery material, but few remember to find out about the frame that holds all the parts together. You'll have to depend on a label or the salesperson for this information, since these features cannot be seen.

Home furnishings specialist Evelynne Cedarlund, University of Illinois College of Agriculture, suggests asking for this information:

1. What kind of wood is used in the unexposed parts of the frame? The best quality is hardwood that has been thoroughly seasoned and guaranteed against defects. Softwoods do not hold tacks so well as the hardwoods. Ask, too, about the thickness of the wood; a minimum of one and one-eighth inches is necessary to hold tacks securely.

2. What construction details are used? The frame should be well braced. Screwed corner blocks of hardwood make for more





## Examine Frame When Buying Furniture - 2

sturdiness than glued-in blocks. The absence of blocks usually means poor construction.

Joints which are doweled or mortised and tenoned are stronger than those that are nailed. A dowel is a wooden pin which fits into holes in the piece to be joined. In a mortise-and-tenon joint, a small rectangular projection on one piece of wood is glued into a hole on another piece.

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## Tips for Creamier, More Stable Meringues

URBANA--You'll have a creamier, more stable meringue if you add sugar to egg whites either before beating them or at the foamy stage. Use two tablespoons sugar to one egg white, and beat until stiff and shiny.

Foods specialist Pearl Janssen, University of Illinois College of Agriculture, says if the beating is done by hand it will be easier to add sugar at the foamy stage.

If you want a larger meringue with fewer egg whites, add two to three teaspoons of water to each egg white before beating. While there may be more leaking, it won't be noticed if the pie is served soon after baking.

Bake meringues at 400-425° F. This is a higher temperature than was formerly used, but recent tests show that these meringues will be more tender and have less tendency to weep. They'll cut better, too.

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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 11, 1952

## What Seams Can Do for Special Figure Problems

URBANA--If you have a figure problem, such as round shoulders or a sway back, the placement of seams can be a big help in hiding these defects.

Miss Ritta Whitesel, clothing specialist of the University of Illinois College of Agriculture, offers these suggestions for use when either buying or making a dress:

If yours is a slightly round-shouldered figure, place the garment shoulder seam so that the end nearest the armscye slants slightly to the back. This simple detail will help to give the illusion of good posture.

A sway back may be hidden by moving the side skirt seam slightly to the back at the waistline. This removes some of the slant in the seam from the waist to the hipline. However, be sure that, from the hipline down, the side seam falls at right angles to the floor.



Do You Have Guidance Goals?

URBANA--A "guidance perspective" for parents was recommended today by child development and family relations specialist Margueritte Briggs, University of Illinois College of Agriculture.

Ask yourselves these questions, she says to parents: What are we attempting to do to and for our children? What do we want them to get from this experience?

Our over-all goal, says Miss Briggs, should be to guide our children so that their understandings and attitudes will grow until they are able to meet their day-by-day experiences and see their place in the world with other people. When children do this, they will be taking increased responsibility for their own behavior.

We want children to feel this responsibility as soon as possible, reminds the specialist. We all know how we feel when someone tries to put us "in our place." A child also has feelings, curiosity and initiative and wants to be on his own as much as possible.

Some parents think of discipline as just "making children mind." Others want to protect their safety or improve their manners. Such a perspective is much too narrow, comments Miss Briggs. "We want to help--not hinder--our children so that they will become as happy and productive persons as they are capable of becoming," she says.





Suit Meat Grades to Family Tastes, Pocketbook

URBANA--Use government grades as guides when buying beef for your family.

You don't have to remember all the quality points of beef to be a good buyer. The standards you can follow are already set up; it's just a matter of suiting the grade to your family tastes and pocketbook.

The five grades of beef most commonly found in retail markets are U. S. Prime, Choice, Good, Commercial and Utility. Meats expert Sleeter Bull, University of Illinois College of Agriculture, gives his flavor and economy interpretation of these grades.

Prime beef is a luxury item for most families. Its thick covering of firm white or creamy white fat, high degree of finish and marbling indicate rich tender meat that has considerable waste fat.

When you want palatability and economy, select U. S. Choice beef. This meat contains some, but not much, marbling. It has a good flavor, is reasonably tender and is not wasty.

A large amount of fairly good lean at an economical price is what you get when you buy U. S. Good beef. The proportion of lean is considerably higher in this grade than in Prime.

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## Suit Meat Grades to Family Tastes, Pocketbook - 2

For example, a Prime T-bone steak has 48 percent lean, a Good T-bone has 59 percent lean. But as you know, Good grade beef is not so rich in flavor nor as tender as the higher grade meats.

The two most economical sources of beef for consumers with limited budgets are the Commercial and Utility grades. Their economy and nutritive values are about their only recommendations. Limited fat covering and marbling mean there is little or no richness.

COC:lw

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## Dried Beans Good Protein Pinch Hitters

URBANA--We had 231 million pounds of navy beans for our soup pots this year; and there are still plenty left, says the United States Department of Agriculture.

Here are tips from the department for preparing dried beans: Soak them overnight--in soft water, if you can. Hard water tends to toughen the skin.

Save vitamins and minerals by cooking the beans in the water in which they were soaked. Keep the heat low, and simmer rather than boil. Add hot water from time to time, as dried beans take up a lot of water.

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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 18, 1952

## Plenty of Lettuce at Bargain Prices

URBANA--Prices have dropped on iceberg lettuce; it'll be a "budget" item for the next few weeks.

California lettuce growers have a bumper crop this time. The United States Department of Agriculture reports that heavy shipments will likely continue until late February.

Most of the lettuce being shipped is of good quality, but you are the final judge. Here are some buying tips from Lee Somers, specialist in vegetable crops, University of Illinois College of Agriculture:

Look for heads that are firm and heavy for their size. Leaves should be tightly overlapped and light green in color. Avoid heads with brown edges on the outer leaves. This browning is caused by hot weather and indicates bitterness, says Lee Somers.

The abundant supply and low price heralds a welcome change in salad makings after weeks of high-priced green vegetables. You can toss lettuce with fruit or other vegetables or serve a section of it alone with dressing. A pound head makes four generous servings.



Give Child Sense of Trust

URBANA--One way parents can make discipline effective was described today by child development and family relations specialist Margueritte Briggs, University of Illinois College of Agriculture.

That way is to give children a sense of trust in their parents and a feeling that they are making some progress in growing up. It is best accomplished, says Miss Briggs, by punishing the child for a misdeed or act rather than punishing him as a person.

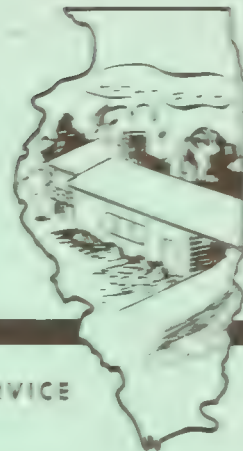
Don't withdraw love for your child just because he has done something wrong. "I always love you but I don't like what you have done" is justified, but "I can't love you when you're such a naughty boy" is the poorest technique you can use, says Miss Briggs.

A sense of faith and trust in parents, and later in himself, builds the child's emotional security and gives him the right attitude toward people, reminds the specialist. We all need to feel that we succeed and are making progress. Don't forget to praise, but praise only the worthy efforts. If you will look far enough, you can find something that your child has done well.



for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 25, 1952

## Pint-Sized Equipment Helps Toddlers Learn Clothing Care

URBANA--You can help your child establish good clothing care habits by starting early. Two or three years old is not too young, according to Mrs. Marion McLaughlin, University of Illinois College of Agriculture. Of course, he needs patience and encouragement from you.

Equipment scaled to his size will be helpful. Start with a low dresser with drawers he can open and close easily. First let him learn to get certain clothes for himself--especially clean socks, shirts and panties. Then later he can learn to put most of his clean clothes away.

Install in his closet a low rod and hooks that he can reach to hang up his clothing. You can make the task easier by buying small wooden or plastic hangers, or temporarily by bending regular-sized wire hangers to fit his small-sized garments. Place a low shelf near the closet floor for his shoes and house slippers.

A child-sized hall rack is good for hanging the snowsuit, raincoat, winter coat and cap he wears regularly.





Muffin Variations, Easy as Pie

URBANA--Hot muffins brighten any meal, and of all quick breads they take the least time to make.

That's why variety in the muffin family seems unlimited. Add a bit of "spice and everything nice" to a plain muffin batter and presto! your creation is irresistible.

Food specialist Mary Fuqua, University of Illinois College of Agriculture, suggests variations that'll tempt all tastes.

Make fruit muffins by adding some chopped dates, raisins, apples or dried apricots to your favorite muffin batter. Spices--ginger, cinnamon and cloves--can be added to the dry ingredients and the muffin mixed as usual. But go easy with amounts until you've done some experimenting.

Orange honey muffins are another surprise treat. Add two tablespoons of sugar to your muffin recipe. Place a teaspoon of honey and an unpeeled orange slice in each muffin cup before adding the batter. Serve the muffins with the orange slice up.



FOR RELEASE WEEK OF MARCH 3, 1952

Do's and Don'ts for Quarreling

URBANA--Some people use fists or rolling pins to let off steam. But you probably quarrel with words.

A word quarrel can be highly useful if it clears the air and leads to a new understanding. But some word quarrels are so cruel that they break homes and destroy friendships.

Miss Helen Marshall, specialist in child development and family relations, University of Illinois College of Agriculture, suggests two rules for making quarrels worth while:

First, criticize each other's actions and problems, or the conditions the other person has caused, rather than the other person himself.

Second, criticize only those actions, problems and conditions that the other person can change, rather than those which cannot be changed or over which he has little or no control. Criticisms of characteristics and situations we can't help are cruel jabs to all of us.

Miss Marshall points out that we don't think when we are angry, and the things we say during anger are based largely upon habit. So to change a habit means working on it when you are not in the arena. Every time you comment on someone else, or even when you think about someone else, you can practice criticizing the action rather than the person. Make sure the action you choose is one that the person can change.





FOR RELEASE WEEK OF MARCH 10, 1952

Slip-Cover Fabrics--Helps for Choosing

URBANA--If you are having "before" and "after" visions of your living room, the time for making slip covers has arrived.

There are scores of fabrics on today's market, and making selections for slip covers gives homemakers real problems. Home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture, gives these shopping tips:

Select firmly woven fabrics that will "stay put." Avoid fabrics that ravel easily, since they are apt to pull apart at the seams. Heavy materials are not so good either, because seams made in them will be bulky and the covers won't fit smoothly.

To get the most satisfaction from slip-cover fabrics, the materials should launder well or clean easily. If they are not pre-shrunk, it is best to shrink washable ones before cutting them.

When you've found the type of fabric you want to use, consider these points in making your final selection:

Bold patterns seem to belong to large rooms and large pieces of furniture, while plain or small-patterned fabrics go best in small rooms. Patterned materials, whether geometrical or floral, give interesting contrast with plain walls and plain floor coverings, or with those that appear plain. But if the walls and rugs have distinct patterns, it is best to choose plain materials or indistinct patterns for the slip covers.



Clean Machine Sews Best

URBANA--Sewing machines need to be cleaned and oiled regularly, just as a car does. Otherwise, the lint and dust that collect make the machine run hard and can even cause serious trouble.

Clothing specialist Helen Zwolanek, University of Illinois College of Agriculture, suggests that before you start the cleaning job you try to understand your machine. Lift the head of your machine and study the parts. Your instruction book will serve as a guide.

Use a small brush or a hairpin to remove lint from around the feed dog and the lower mechanisms. But if there's a piece of red felt on your machine, be careful not to remove it with the lint. The felt holds oil for the shuttle.

If the head is very dirty, you may need to run cleaning fluid through all the oil holes and the working parts. Caution: Be careful of fire--turn the machine gently by hand, not by motor, for a few minutes with the cleaning fluid in it to flush each bearing thoroughly. Then wipe and let dry for half an hour or longer.

Be sure to use a good grade of sewing machine oil. General-purpose lubricants often have a wax or paraffin base which could "clog up the works" of your machine.

Place a few drops of oil in each oil hole and at each point where two metal surfaces rub together. Wipe off excess oil and run the machine for a few minutes. If you use a cleaning solvent, you'll have to repeat the oiling process in a few days.



Pressure Saucepans Save Time

URBANA--When you use a pressure saucepan, you make the "hasty" pudding look like a slow poke. With temperatures as high as they go under pressure, a few minutes can equal about a quarter-hour of ordinary cooking.

Miss Geraldine Acker, foods specialist University of Illinois College of Agriculture, says you'll find your pressure pan especially good for foods that cook a long time. It's excellent for stews, steamed puddings and dried vegetables, or tough, fibrous or old vegetables.

Prepare the vegetables as you would for boiling. Then follow the directions in your pressure saucepan handbook for building up steam and pressure and for reducing the pressure before opening the cooker.

Since pressure cooking is quick, timing is very important. A minute or two of overcooking may cause the product to be mushy and discolored. Start off by following the timetable for cooking that's given in the handbook. You may need to lengthen or shorten the time for some foods.

Combinations of foods may be cooked in the pressure pan. But only those requiring the same processing time should be started and finished together. French-cut green beans, quartered carrots and sliced onions can be placed in separate piles in the pressure pan and processed for three minutes. Surprisingly, neither the beans nor the carrots will be flavored by the onion. If you wish, you can use a divider to separate the vegetables.





FOR RELEASE WEEK OF MARCH 17, 1952

March 29--High School Hospitality Day at Illinois

URBANA--Junior and senior girls from all high schools in the state are invited to attend the third annual Hospitality Day to be held at Urbana on March 29. The event is being sponsored by the University of Illinois home economics department and the Home Economics Student Council.

The day's program, which is being planned by the council, is designed to acquaint prospective students with the campus and to help with their questions, such as what is required for admission to the University, where to live and what to expect of college. The council hopes to interest the high school students in home economics and to give them an idea of the home economics program at Illinois.

A faculty member or the mother of one of the girls is invited to accompany the students.

A system of preregistering has been suggested to the home economics teacher or some other designated representative in each high school. Those planning to attend should arrange to preregister and make luncheon reservations before March 20.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 24, 1952

## Do You Buy Your "Pig in a Poke?"

URBANA--Prices are "right" for serving pork often. And an expert on meats tells how to judge quality before buying.

"A homemaker is pretty much 'on her own' when buying pork, for pork is not graded and labeled as beef is," says Sleeter Bull, University of Illinois College of Agriculture. "She must base her selection on the appearance of the skin, fat, lean meat and bones."

Here are the things to look for in good-quality fresh pork:  
(1) white, thin, and flexible skin; (2) firm, white, and evenly distributed fat; (3) firm, fine-grained lean that's well marbled with fat; and (4) small, pinkish bones.

If you are inexperienced, buy pork chops and loin roasts on the basis of size. The smaller ones are usually of better quality than the heavy ones.

The specialist explained that pork usually comes from young, fat animals and is more uniform in quality than other meats. That's the reason there are no government grades for this meat. Various packers, however, grade their own smoked and cured cuts. Such grades are commonly known as Fancy or No. 1, No. 2 and No. 3. Learn about them from your butcher.





You Can Make-Over Knitwear

URBANA--With the unfurling of spring's sweater season and with demands on the family purse for all sorts of things, you can go easy on the exchequer by making-over knit garments, says Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

Whether it's a man's cast-off sweater or one that is damaged by moths or matted under the arms or that has become too small for its owner--old "knits" are easily remade into new garments for yourself or for the children, says Miss Gray.

Washing and wear causes knit goods to mat so that the yarn won't ravel easily. If it does ravel, it can be sewed with special finishes. Before you start work, be careful to mend and wash the garments you'll use. Then cut around pattern pieces just as you would cut any other material. If the sweater is loosely knit or has a tendency to ravel, machine-stitch close to the raw edges just after cutting.

The kind of seam you use will depend a lot on the weight of the knit. If it is heavy for seaming, machine-stitch the cut edges first and cover them with single crochet. Then the edges can be joined by simple overhanding or crochet.

Plain seams may be used with light-weight materials if they are finished securely. The raw edges won't fray or curl if they are held together and covered with blanket stitching or single crochet.

A strong, flat tailored finish can be made by pressing the seam open and then machine stitching (on the right side) about 1/16 inch on each side of the seam.

The American Medical Association is a non-profit corporation organized for the purpose of promoting the interests of the medical profession and the public health. It is the largest and most influential organization of its kind in the world. The Association is composed of more than 50,000 members, including physicians, dentists, nurses, and other health workers. It is organized into various departments and committees, each of which is responsible for a specific area of the medical profession. The Association's primary concern is the advancement of the medical profession and the improvement of the public health. It does this by publishing the Journal of the American Medical Association, which is one of the most important medical journals in the world. The Journal contains a wide variety of articles, including original research, clinical reports, and reviews of the literature. It is read by physicians and other health workers all over the world. The Association also publishes other journals, books, and pamphlets. It is also responsible for the American Medical Directory, which is a comprehensive listing of all the physicians in the United States. The Association is also involved in many other activities, including the promotion of medical education, the improvement of medical standards, and the advancement of the public health. It is a truly remarkable organization, and its work is of great importance to the medical profession and the public.

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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 31, 1952

## Rayon Fibers to Have New Labels

URBANA--There'll no longer be confusion between acetate and viscose rayon. Clothing specialist Edna Gray, University of Illinois College of Agriculture, says the fiber we've known as acetate rayon will now be called "acetate." Viscose rayon will be labeled "rayon."

In the past these two fibers have been called rayon and yet their characteristics are entirely different. Acetate tends to shed wrinkles and doesn't soil easily. It is easy to wash and dries quickly. Since acetate will melt under a high heat, you'll need to test the temperature of the iron on a seam edge before ironing.

From now on you'll find "rayon" labels only on viscose fabrics. Viscose is strong, absorbent and easy to care for. It's the kind of material that can usually go into the family laundry and takes no special care in ironing.

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Points to Consider in Buying Upholstery Fabrics

URBANA--With such a variety of upholstery fabrics on the market today, you need to check carefully to make a wise selection. That's the advice of house furnishings specialist Evelynne Cedarlund, University of Illinois College of Agriculture.

Tightly twisted yarns with a close weave will wear longer than soft, fuzzy yarns with little or no twist. Close weaves in an uncut pile will take hard wear. Avoid long floats in a fabric; they tend to snag and break.

The label should tell you whether the fabric is colorfast to sunlight and cleaning. You'll want to know whether it will soil easily, how much upkeep it will require and, if it is to be used for slip covers, whether it will shrink when laundered.

If you use a patterned upholstery material, be sure the pattern is scaled to the size of the piece of furniture on which you plan to use it. And choose a color, texture and pattern that will harmonize with other furnishings in your room.





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# homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

## High School Girls Visit Home Economics Department

URBANA--Two hundred junior and senior girls from more than fifty Illinois high schools attended Hospitality Day at the University of Illinois Saturday, March 29.

The visitors toured classrooms and laboratories, where they saw exhibits and demonstrations planned by home economics students and faculty members. The tours included glimpses of students' work in foods and nutrition, textiles and clothing, home decoration, child development, education, journalism and radio. The groups also toured the home economics cafeteria and the home management house, two major laboratories for home economics students.

"The first objective of our home economics courses is to train young women for homemaking," Dr. Janice M. Smith, head of the home economics department, told the guests. Some of the other careers open to home economics graduates include teaching, extension, dietetics, careers in foods, clothing and textiles, restaurant management, journalism, equipment and consumer service.

Dr. Smith pointed out that scholarships are available for girls who want to attend the University, and suggested that those who

-more-



## Hospitality Day - 2

are interested should contact their county superintendent of schools for information. She also told about job openings in the home economics department and other colleges on campus where students may work part-time.

Assistant dean of women Eunice M. Dowse told the group that there are many opportunities at the University, but that a student often has to ask for what she wants. Miss Dowse suggested that the girls write to the Dean of Women, 100 Bevier Hall, Urbana, to learn about housing possibilities and cost of living at the University and to the Office of Admissions and Records, 100a Administration Building for information about entrance requirements.

Luncheon for the Hospitality Day guests was planned, prepared and served in Bevier Hall cafeteria by senior students in home economics. The guests were entertained with college songs by Dave and Don Heneberry, University students from Dalton City.

College coeds modeled clothing from their own wardrobes at the annual style revue. Some of the garments were designed and made by the students in their classes. Betty Joan Vance, Paris, Illinois, who was narrator for the show, said that selecting the proper clothes for different occasions is an art soon learned on campus. The garments shown were "keyed" to a college girl's needs.

This was the third annual Hospitality Day to be sponsored by the home economics department at the University. Attendance has increased steadily, and home economics coeds are hoping to make next year's event an even better one.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 14, 1952

## Steps for Marking Buttonholes

URBANA--Measure and mark buttonholes carefully before starting to make them. Crooked or poorly placed buttonholes can ruin the whole appearance of the garment you're making.

Clothing specialist Ritta Whitesel, University of Illinois College of Agriculture, says the length of a buttonhole should equal at least the width of the button. If the button is a thick one, you'll need to allow extra length to take care of the thickness. If you're uncertain about the size, try a sample slash in an extra piece of material and slip it over the button.

Place buttonholes on the right front or back of a garment, and on the front of a cuff rather than the back.

Don't use guesswork in placing your buttonholes. When a garment is buttoned, the edge of the button should be  $\frac{1}{4}$  to  $\frac{3}{8}$  inch from the edge of the lap. Remember that the button will slide to the end of the buttonhole.

If a garment is to be buttoned all the way to the neck, place the top buttonhole the same distance from the neck seam line as from the edge.

Plan your button spacing to make a balanced design. Buttons will appear more attractive if you use an odd number.



Importance of Nutrition in Later Years

URBANA--We can never "retire" from responsibility for eating the kinds and amounts of food we need. A poorly nourished infant can't grow normally' a badly fed youth is not healthy, and the older person who eats an unbalanced diet is robbing himself of vigor and pleasure in living.

Many ailments of older folks are definitely known to have a dietary origin, says nutrition specialist Marian Tolbert, University of Illinois College of Agriculture. Good nutrition, on the other hand, is one of the ways to help increase the years of possible service and happiness of aging men and women.

If you are an "older" person, or if you plan meals for older folks, here's help for you. A new booklet, "Food Guide for Older Folks," tells about older people's food needs and how to meet them. In addition, it suggests ways to meet special problems that often make it hard for an older person to be well fed.

"Food Guide for Older Folks" is published by the United States Department of Agriculture. You can get your copy by writing to the University of Illinois College of Agriculture, Urbana, Illinois.



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# Homemaking news



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FOR RELEASE WEEK OF APRIL 21, 1952

## There's a Difference in Baking Powders

URBANA--Consider your work habits when you buy baking powders. Whether you are speedy or slow may make a difference in the kind you choose.

Fast acting baking powders--also known as single action--will react almost completely at room temperature. So you need to work quickly if you use this type. According to food specialist Geraldine Acker, University of Illinois college of Agriculture, persons with sensitive tastes sometimes prefer this kind, saying they can detect a flavor from other types in the baked product.

One of the advantages of the double- or slow-acting types is that the first gas is released in the mixing bowl, but the rest waits for the heat of the oven. Use this kind for batters like pancakes and waffles that often stand for a while before being baked. Use this kind too, for batters and doughs that you plan to freeze.

You'll have best results when you use the correct amount of baking powder for the type of powder you are using. Most manufacturers recommend two teaspoons of the fast- or single-acting type for each cup of flour. Less of the double- or slow-acting powder is required--usually one teaspoon for a cup of flour.

Check the label on your can of baking powder to find out which kind it is. Or else check on the ingredients of the baking powder. If sodium aluminum sulphate is an ingredient, it is a double-acting baking powder.





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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 28, 1952

## Unwanted Fat--a Liability

URBANA--Overweight can handicap your health, your progress in your job and your social standing.

Nutrition specialist Harriet Barto, University of Illinois College of Agriculture, says most people are overweight because they have incorrect food habits. They are "big eaters" and simply eat too much food; or else they eat reasonable amounts, but the foods they choose are especially high in calories, like sweets and rich foods.

The so-called average woman who weighs 125 pounds and is moderately active needs 14 to 18 calories per pound per day to maintain a constant weight. In other words, she needs 1,750 to 2,250 calories, and any food over and above that amount is turned into fat and stored.

Why not keep track of how much food you are eating? Write down everything--including nibbles, sugar and cream in your coffee and between-meal snacks. Then add up the calories. If you keep the record for a week, you'll have a pretty good idea where the extra calories come from.

Miss Barto has prepared a calorie chart to guide you in figuring the caloric value of the more common foods. Write to the University of Illinois College of Agriculture, Urbana, for your copy.

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Comfortable Working Heights Important--Women Study Problem

URBANA--Illinois homemakers are not accepting the so-called standard heights for kitchen work surfaces and sinks. Instead they are studying the situation as it applies to them as individuals and are then making their decisions.

Catherine Sullivan, home management specialist, University of Illinois College of Agriculture, reports that women are concerned about undue fatigue. They know that some of it results from uncomfortable working heights for doing routine, day-by-day tasks.

In order to correct the situation, they experiment with various working heights until they determine ones at which they can work comfortably. Such simple devices as a pile of books and a bowl and beater are used in making the tests.

Once a comfortable height has been determined, changes are planned. Frequently the adjustment can be made easily and for a small sum of money. For example, if a table is too high, it can be lowered by shortening the legs; if it is too low, it can be raised by adding wooden blocks to the legs. The height of a movable cabinet can be changed in the same way.

According to Miss Sullivan, women tend to select work heights that are too high rather than too low. She cautions that the correct working height depends on the job to be done, as well as on the stature of the worker.

For example, a higher work surface is more comfortable for rolling out dough than for beating a cake. The dough is rolled on the work surface; a cake is beaten above the work surface.





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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 5, 1952

## Work a While--Then Rest a While

URBANA--Rest and relax a few minutes before you become extremely tired. Short periods of rest between short periods of work make you far less tired and irritable than if you try to carry on in one long stretch.

How can one relax in just a few minutes? Health specialist Pauline Brimhall, University of Illinois College of Agriculture, recommends a horizontal position because it helps to equalize circulation. Tighten the muscles in your body and then let them "go limp." Remember to rest your eyes. And think about relaxing; you'll learn to relax by becoming conscious of it.

If you can't lie down because you have a cake in the oven or the children need attention, you may be able to relax by sitting in a chair. Tighten your muscles--from toes to eyes--then let them go limp.

It is often hard to get fatigued persons to rest. Until they do, they are not aware of how tired they are. However, rest need not be continuous or prolonged. If overdone, rest can be just as bad as too much exertion. We get flabby and soft when we don't work enough; our bodies rust out instead of wear out.



Check Your Pressure Canner for Safety

URBANA--Check your pressure canner now if you plan to can those early spring vegetables that will be coming in soon.

First arrivals, such as asparagus, spinach and early peas, are low-acid vegetables. Pressure canning is the only safe home canning method that will kill the deadly botulism poison that can form in low-acid vegetables.

If your pressure canner is to be of real value to you, it must operate correctly, says Frances Cook, foods specialist, University of Illinois College of Agriculture. Even though your canner was stored clean at the end of last canning season, it should be rechecked.

Have the dial-faced gauge checked for accuracy. For more information contact your county home adviser or the store that sells your make of canner. If the gauge is five pounds off, you'd better get a new one.

Then test the canner for steam leaks where the cover and kettle join. If steam leaks out, the rubber gasket may need replacing. If your canner has a metal-to-metal closure with no rubber gasket and you notice a steam leak, ask your home adviser how to regrind the metal surfaces.

Dust and other deposits caused by atmospheric conditions may have clogged the petcock, gauge and safety valve openings. If so, remove the petcock, gauge and safety valve and clean the openings with a pipe cleaner or by drawing a narrow strip of cloth through them. Then soak the petcock and safety valve in vinegar to loosen the accumulation.



for weeklies



# Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 12, 1952

## Store Your Winter Clothing Clean

URBANA--Be sure your winter clothes are clean before you store them. Moths will attack any spots they can find. They thrive on lint, so be sure to brush out pockets and cuffs.

Store your clothing in any place that can be closed all summer--in a chest, a closet or boxes. Clothing and textiles specialist Florence King recommends protecting clothing against moths with paradichloride of benzene crystals. Use one pound of crystals to 10 cubic feet of space.

Since paradichloride evaporates, you'll want to avoid constant opening and closing of your storage space.

Miss King also tells how to fight silver fish that eat rayons and cottons: Mix one tablespoon sodium floride (it's poisonous) with one cup flour. Sprinkle the mixture on shelves and around the bottom of closets.

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Too Much Sun Can Have Lasting Dangers

URBANA--The sun's rays are like an active drug--a little can be a big help in many conditions, but some people get too much.

There is cause for concern when people try to acquire "brown as a berry" complexions instead of "healthy tan" ones, says health specialist Pauline Brimhall, University of Illinois College of Agriculture.

Immediate dangers from sunburn can be controlled to a certain extent. But there is long-term danger of skin cancer from continuous overexposure to direct sunlight.

Most skin cancers result from long, continued abuse. Fair-skinned people, especially, should be content with only moderate amounts of sunshine. When the skin is exposed to the elements and to sunlight for a long time, it gradually becomes dry, slightly scaly and freckled or covered with so-called liver spots. This condition has been popularly called "sailor's skin." As time goes on, some of those freckles may become wartlike or degenerate into skin cancers.

Experience plus good judgment will tell most people when they've had enough sunshine--though mothers may need to exercise some control where children are concerned.



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 19, 1952

## Strawberries for the Freezer

There's more than one way to prepare strawberries for the freezer. Freeze them whole, sliced or crushed--depending on the way you expect to use them and the way your family likes them best.

Use a sugar sirup for preparing whole strawberries, but use sugar for sliced or crushed berries, recommends Dr. Frances Van Duyne, food research specialist, University of Illinois College of Agriculture.

A 40-percent sirup for whole berries gives a satisfactory product. To make a sirup of this concentration, dissolve one cup of sugar in one and one-fourth cups of water. If you heat (not boil) the mixture, the sugar will dissolve more quickly. But be sure it is cool before you use it.

Adding sugar to sliced berries gives a better flavored product than using sirup. Use one cup of sugar to five cups of the sliced fruit. Increase the amount, of course, if you like your berries sweeter.





Outside Play Materials for Children

When two or more children get together, they can have fun or they can wreck the neighbor's garden.

Child development specialist Helen Marshall, University of Illinois College of Agriculture, says which they do depends upon what their own backyards have to offer them for play.

Inexpensive equipment can be adapted to different kinds of play. When children get together, they like to move objects around. Large boxes, such as packing cases or heavy cardboard cartons, give them a chance to lift and move.

Boxes help in another way too. Children like to get inside their own corrals, caves, hangers and houses. They can use an improvised tent, big packing boxes with a side removed or a simple enclosure marked off with small boxes or blocks for their private little structure.

Ladders, planks, a saw horse, and wagons all give children a chance to do things they like to do together. Since youngsters like to get up high, ladders, sturdy wooden boxes and trees offer opportunities for climbing.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 26, 1952

## Give Children a Choice Whenever Possible

URBANA--As a child grows, he must learn acceptable ways of acting. There are some situations, of course, where there is no choice. At such times he can't be left to his own devices with the hope he'll make the right decision.

A young child should not be permitted to argue about routine things, such as the time to go to bed, his meal time, or time to bathe and dress. These things are decided without argument.

Child development specialist Ruth Cooper, University of Illinois College of Agriculture, says children are more likely to cooperate if we give suggestions in a positive manner. "It's time to go to bed" is better than "Are you ready to go to bed now?" Don't pretend to offer a choice when there is none. The three-year-old's answer is all too likely to be "No," and you are simply inviting trouble.

Even within routine activities, however, there is sometimes an opportunity for a child to choose. He might be allowed to decide which of two shirts he wants to wear, for instance.

Outside of routines, the more choosing and planning ahead a child is encouraged to do, the better. It is easier for him to accept the consequences of his actions if they are activities that he himself has chosen.



Meals That Will Wait for Late Workers

URBANA--When you're not sure when the men of your family will get in from their work, why not plan a one-dish or casserole evening meal? This type of meal will hold its quality over a long period of time. And there'll be no last-minute rush to get things on the table because your family is in a hurry to eat.

Geraldine Acker, foods specialist, University of Illinois College of Agriculture, says that when mealtime is indefinite, it's better to prepare fewer items in larger quantities than to serve a large variety of food. Keep your menus simple--a main dish, bread and butter, a beverage, and salad or dessert, or both if desired.

On cool days the main dish might be chop suey, a steamy stew or your family's favorite casserole. When the weather is hot, baked beans, hearty sandwiches or a filling salad will make a tempting main dish.

Plan to have the main dish ready at the approximate meal time. Then while the men are getting cleaned up for supper you can prepare the beverage and salad (if one is being served) and put the finishing touches on the meal.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 2, 1952

## Out-of-doors, A Good Place for Creative Arts.

URBANA--While your child is outside so much of the day, such things as painting, modeling and carving give variety in play.

Child development specialist Helen Marshall, University of Illinois College of Agriculture, says a lot of art materials have possibilities for making a big mess. But if a youngster works and plays with them outside, the mess is less disturbing for you. Rain will wash water colors and poster paints from trees and branches.

An outside easel is nice for the child who enjoys dabbling in paints. He can use it for water coloring and drawing with chalk. Finger painting seems less messy outside if there's a tub of water for washing the hands.

The tiny tot who just wants to "paint" can get a lot of pleasure from a paint brush and a tin can filled with water. He can paint the trees, the house, the yard furniture to his heart's content.

A grade school child enjoys carving from soft materials--plaster of paris, soap. Left-over bits from molding materials such as papier mache, clays and doughs are much less noticeable outside. Wet sand makes good material for crude forms of sculpture.

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Blanching--A Must for Freezing Peas

URBANA--Frozen peas must be blanched if they are to have good color, flavor, texture and nutritive value. You'll like the product better if you'll freeze peas that are especially recommended for freezing.

Dr. Frances Van Duyne, foods research specialist, University of Illinois College of Agriculture, says any variety that is good in fresh peas is good for freezing--with the exception of varieties developed especially for canning. Some good freezer varieties of peas are Large Podded Little Marvel, Frostie, Little Marvel and Thomas Laxton Dark Podded.

Plan to freeze peas before they get old and starchy. Use tender, sweet peas. Work with small quantities. Blanch one pound of peas in three quarts boiling water for one minute. Then plunge them in a large container of iced or cold running water.

Just as soon as the peas have cooled, drain thoroughly, package and seal in air-tight, moisture-proof containers. When the containers are filled and sealed, put them in your home freezer immediately or take them to the locker.

If you can't get to the locker right away, place the containers in your refrigerator for a short time--but no longer than three to four hours.





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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 9, 1952

## Tips for Making Strawberry Preserves

Too long cooking is a frequent villain in making strawberry preserves, since color and flavor of the berries are easily destroyed by heat.

Food specialist Geraldine Acker, University of Illinois College of Agriculture, suggests that you combine the fresh berries with alternate layers of sugar and let stand 8 to 10 hours, or overnight, before cooking. Or else use low heat to dissolve the sugar before letting stand overnight.

This waiting period allows time for the sugar to soak into the fruit and keeps the berries from "floating" in the finished preserves.

The amount of sugar to use may vary with the ripeness of the berries, but equal amounts by weight are usually recommended. In other words, use two cups of sugar to about one quart of berries.

After the berries and sugar have stood overnight, heat to the boiling point and boil rapidly until the syrup falls off the spoon in thick, heavy drops. The time required for a quart of berries is about 10 to 15 minutes.

When cooking is complete, remove the scum and pour at once into hot sterilized containers. Cover with hot paraffin immediately after the containers are filled.



Plan Time for Relaxation, Family Living

Plan your daily schedule to include time to relax and to enjoy family activities. How can you do it?

Home management specialist Alice Stubbs, University of Illinois College of Agriculture, suggests that you check to see whether you're using extra steps that add up to lost time and energy.

For example, you shouldn't have to go to the pantry for your dishpan before you wash dishes. Chances are you'll walk at least 20 extra feet and use about three minutes of your busy day for that one task.

Instead, pause for a moment and look at your homemaking jobs clearly. Organize your equipment so that it's easy to see, easy to reach and easy to grasp.

Here are other ways to save time and energy: Try to have the children's play area close by. Having mother in view keeps children from calling and demanding her time.

Add definite planning to your daily schedule, following difficult tasks with easy ones. Plan a rest period in your busy morning. If you sit down to read the paper for just five minutes, you can catch your breath before starting the next task.

Then consider spending  $1\frac{1}{2}$  to 2 hours in the afternoon for family activities as a regular part of your daily work. Your family is just as important as making the beds and putting three meals a day on the table.



Three County Home Advisers Elected to Office

Officers of the Illinois Home Advisers' Association for 1952-53 were elected recently. Marion Simon, Ford county, was named president; Laura Heddleson, Edgar county, second vice president; and Mrs. Mary Butler, Pulaski-Alexander, secretary.

Miss Simon, a University of Illinois graduate, taught home economics at Morrisonville Community High School for three years. She has been home adviser in Edwards, Jasper and McHenry counties. This is her second year in Ford county.

Laura Heddleson has been home adviser in Edgar county for five years. In 1949 she received recognition by the National Home Demonstration Agents' Association at their meeting in Chicago. She had her training at Iowa State College and was a high school teacher and then a county extension home economist in Iowa before coming to Illinois.

Mrs. Mary Butler, a University of Illinois graduate, has served five years as home adviser in Pulaski-Alexander counties. She was a hospital dietitian and member of the nurses' training school staff at two Chicago hospitals. She was also on the staff at Burnham City Hospital, Champaign, Illinois.





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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 16, 1952

## Illinois Home Bureau Citizenship Conference--June 17-20

URBANA--The fifteenth annual Citizenship Conference will be held at Bradley University, Peoria, June 17-20. Each county in the state sends two delegates--the president and vice president of the county home bureau organization.

The conference is one of the most important meetings of the year for the Illinois Home Bureau Federation. The theme, "The home is the center of every woman's interest, but not the circumference," keynotes the meetings. Delegates will tackle problems that deal with family and local groups, as well as those of national and international responsibility.

One of the highlights of the conference will be a talk Tuesday afternoon by Mrs. Luella Mortensen on "Meeting Tensions on the Home Front." Mrs. Mortensen comes from Madison, Wisconsin, where she is director of women's programs on radio station WKOW.

On Wednesday afternoon, Dr. Nicholas Nyaradi, professor of political sciences, Bradley University, will query his audience on the subject, "Shall We Survive?"

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FOR RELEASE WEEK OF JUNE 16, 1952

Illinois Home Bureau Citizenship Conference--June 17-20 - 2

Two University of Illinois faculty members are slated to speak Thursday. Dr. Royden Dangerfield, professor of political science and director of the Institute of Government and Public Affairs, will discuss "Foreign Policy Issues of 1952." Dr. Edwin H. Reeder, professor of education, will speak on the subject, "The Three R's. . . and What Else?"

Other conference speakers will deal with problems concerning human relations, schools, local government and the Home Bureau Federation organizations.

The citizenship conferences are sponsored by the Illinois Home Bureau Federation and home economics extension at the University of Illinois. All home bureau members automatically belong to the Illinois Home Bureau Federation and so enjoy a prominent place among women's state organizations. The federation maintains membership in the National Home Demonstration Council and in the Country Women's Council of the Associated Country Women of the World.

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5-10-52

Season Near for Summer Apples, Red Raspberries

Illinois homemakers can be looking ahead to the beginning of the summer apple season about June 20, says Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Harvest of Yellow Transparent apples should begin about that time.

Red raspberries usually begin to come in a bit ahead of the apples, and harvest continues for about three weeks, says Somers.

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Here's How to Pack a Man's Two-Suiter

When Dad and Junior are travel bound, you'll want them to look their best. You can see to it that their clothes aren't a mass of wrinkles when they unpack.

Edna Gray, clothing specialist, University of Illinois College of Agriculture, tells how to pack a man's two suiter:

Start with the trousers. Place the front of the trouser legs in a straight line across the bottom of the case, the seat toward the handle. Let the legs hang over the side. When packing two or more pairs of trousers, place the first pair with the top to the left, and the legs hanging over the right side. Place the second pair with the top to the right, the legs hanging over the left side.

Put the jacket on the hanger before fastening the hanger in the case. Leave the jacket unbuttoned. Straighten the shoulders and bring the sleeves over until they hang in a straight line. Anchor the center board, but leave the bottom of the jacket hanging over the edge. Hang the second jacket just as you did the first.

Now fold the trouser legs over the suit jackets, first from one side, then from the other. Bring the covering sheet down and fasten.

Pack shoes, shaving articles and other heavy items along the suitcase bottom, and place the shirts on top to avoid wrinkling. Ties and underwear go on top of the shirts. Slip socks, handkerchiefs and odds and ends into any empty spaces.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 23, 1952

## Flower Arranging Can Be Fun

URBANA--Making flower arrangements can be fun. Flower arrangement is an ideal 4-H Club project for beginners as well as older girls, and it can be carried year after year.

Mary McKee, 4-H specialist, University of Illinois College of Agriculture, says this project gives the member a chance to work with color and to observe it constantly. As a flower arrangement member, you'll learn to combine pleasing colors close together in a flower bowl. And you'll see the beauty of a few individual blossoms placed carefully in a container.

You can develop your own judgment in color combinations as you see and study how colors go together. You'll learn color balance by contrasting dark flowers with light ones.

Working with twigs and branches, seedpods, greens and buds teaches you how to place lines in relation to each other to form a pattern.

You'll learn what kind of container is right for certain flowers. Costly containers aren't necessary. Chances are that there's a beanpot in your home. It would be ideal for marigolds or zinnias. Flowers like sweetpeas or roses take a more fragile vase.

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Flower Arranging Can Be Fun - 2

Once you've learned the rules, it'll be fun to make flower arrangements and corsages for school or 4-H Club activities or for someone you know who is sick. You'll enjoy arranging flowers for your home, for your bedroom or for some special occasion at home, such as a birthday party.

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EBH:mi

Tips for Packing Women's Luggage

URBANA--Last-minute packing can take the joy out of traveling and put creases in your finery.

Clothing specialist Edna Gray, University of Illinois College to Agriculture, gives packing tips that will save wrinkling your dresses, suits and blouses.

Follow these suggestions when packing a fitted suitcase: Place each dress carefully on a hanger, and fasten the hanger into the case. Straighten the dress top, making sure the back and shoulders are smooth. Fold sleeves across the dress front. Drop the retainer bar after the last dress has been packed.

Fold wide skirts equally on both sides. Then hold the center of the garments, raise the folding back and snap into place after you've packed the last dress.

Pack small items inside your shoes. Slip a shoe mitt or an old sock over the shoes. Place the heels and soles against the suitcase back to keep them from crushing other things.

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Tips for Packing Women's Luggage - 3

Roll all undergarments together, and place the roll at the bottom of the case along the front. This serves as a buffer to hold other articles in place.

Use these same rules to pack unfitted cases. However, place purses, shoes and other heavy articles at the bottom. Place jackets lengthwise, dresses with the collar against the end of the case. Pack heavier dresses at the bottom and flimsy and easily wrinkled ones close to the top.

If you're rushed at the end of your trip, you'll save time if you use a dress box for the dress you'll wear after you arrive. Pack the box at the top of the suitcase. Often there's room for a slip and accessories for your outfit.



for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 30, 1952

## Mail Is Important to Campers

URBANA--While your youngster is at camp or visiting, remember that the quantity of mail he gets is as important as the quality.

Child development specialist Helen Marshall, University of Illinois College of Agriculture, says a camper gains status in the eyes of others by the number of letters he receives. A lot of mail helps to keep spirits high and tells him he still has a place at home.

If your child will be at camp only three days or so, mail your first letter before he leaves home. Otherwise, he may not get any mail at camp. For the camper who will be away longer but who has never been to camp before, you might write a letter a day at first.

You'll find it's easy to write letters right after he's gone, because you're both familiar with the same things.

But to keep him posted on happenings at home will assure him of his place there. Write about the new calf, the things Joe likes about his new job, the new neighbors, who won the ball game, what Mary said to Jane at the party the other night.

That often means a lot more than filling your letters with how much you love and miss him.





Why Rayon Taffeta Water Spots

URBANA--If you've had trouble with taffeta water spotting, this may be the reason:

Many of the popular acetate and regenerated types of rayon taffetas contain a gelatin-type sizing. It's used on the warp yarns to give taffeta its crispness. When these yarns become wet, the sizing dissolves and the warp yarns are then smaller than those in unaffected areas.

Clothing specialist Florence King, University of Illinois College of Agriculture, points out that these water spots cause a physical change in the fabric. And there's not much you can do about the spots once they've occurred.

A dry cleaner can't remove water spots the way he takes out grease spots and sticky food. They can be made less conspicuous by using a steam gun, but the original quality of the fabric is lost. Light reflectancy of the spotted area has changed and, when seen from an angle, the difference may show.

The tendency of rayon taffetas to water spot varies with different qualities of material. Fabrics with low yarn count have a greater tendency to spot than higher count taffetas. And yarn slippage increases with spotting.



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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 14, 1952

## Plan Your Money Management

URBANA--Are you still in the horse and buggy days when it comes to money management?

A University of Illinois family economics specialist says you are unless you make a yearly and a long-time plan and keep a record of what you spend and save. It's necessary to streamline money management in order to keep up with economic changes and to provide an adequate family living.

Mrs. Ruth C. Freeman of the home economics department, points out that careful choice making is one of first steps in money management. In order to provide for the family now and in the future, you have to decide what investments and expenditures need to be made.

A tool that can help in making a family money management plan is an account book. Records kept serve as a check on the plan and help in making out income tax forms, too.

Even though half of 1952 has passed, why not start a record now and see how easily it can be done? Then you'll be better prepared to plan and keep a record in 1953.

Ask your county home adviser for a family account book or write to the University of Illinois College of Agriculture, Urbana, Illinois, for a copy. There's a 25 cents charge to cover the cost of printing.



Rabies a Serious Problem in Illinois

Control of rabies is a big job facing us in Illinois. The disease endangers both humans and animals; it can become widespread and serious at any time. Once it has developed, it is fatal--it can't be cured, but it can be prevented.

Dogs give the disease to humans in 85 to 90 percent of the cases. If all dogs were vaccinated, we could soon wipe out the reservoir of infection which exists in our State.

Health specialist Pauline Brimhall, University of Illinois College of Agriculture, emphasizes voluntary community control as the best way for us to fight the disease. A county or community rabies committee, made up of health officials, veterinarians, and public-spirited people from both rural and urban areas can do much to help reduce this hazard.

Organized community action would make sure that all dogs in the community are vaccinated against rabies. This could be a requirement for getting a dog license. Pick up stray dogs--they may carry infection to family pets and farm animals.

When a case of rabies is discovered in your community, be sure that all dog owners and the public are notified, and that all dogs are confined or quarantined. A dog suspected of having rabies should not be killed. Let the veterinarian examine him and confine him for observation.

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Rabies in Illinois - 2

The job of preventing rabies in any community is chiefly a matter of education. Rabies will be present as long as people tolerate the disease.

Spread correct information about rabies throughout your community. Your local county or city health department, or the Illinois Department of Public Health, Springfield, can supply you with educational pamphlets, film strips and slides.

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7/9/52

Peaches Will Be Plentiful

URBANA--If you're shying away from the first peaches on the market because of their high price, just be a little patient. According to the U. S. Department of Agriculture, in another week or two there'll be more peaches on the market and prices will be lower. The midwest crop is expected to be a big one this year, and this should be a good year to freeze or can peaches and to make peach preserves.

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EBH:mi  
7/9/52



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 21, 1952

## Freeze Peaches in Sirup

Sirup packs are better than dry sugar packs for freezing peaches. That's because peaches have little natural juice and darken readily when exposed to air.

Use a 50 to 60 percent sirup for peaches, advises Dr. Frances Van Duyne, foods research specialist, University of Illinois. To make a 50 percent sirup, dissolve one cup of sugar in four-fifths cup water. For 60 percent sirup, use the same amount of sugar with one-half cup water.

Of course, you can use a less-sweet sirups, says Dr. Van Duyne, but 50 to 60 percent sugar concentrations seem best for preserving peach flavor, texture, shape and color.

Stir or heat the sirup mixture to dissolve the sugar more quickly, but be sure it is cold when you add the peaches. If you use ascorbic acid--to help prevent browning--dissolve the tablets or crystals in cold sirup. Use three 50-milligram tablets for one cup of sugar sirup, or use one-fourth teaspoon of crystals to four cups of sirup.

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Freeze Peaches in Sirup - 2

For the best product, peel peaches without using a boiling-water dip. Halve or slice the peaches directly into a carton that contains sirup. Press the fruit down and cover completely with sirup. Leave one-half-inch space at the top of pint containers for expansion during freezing; leave one inch for quart containers. Crumpled cellophane on top of the fruit will help to keep the fruit from floating.

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Ropes Are Dangerous for Youngsters

With preschool age Hopalong Cassidys whooping it up throughout the nation, parents need to remember the old adage, "Give a man enough rope and he'll hang himself." It's an ugly thought when connected with toddling cowboys, and yet accidents with rope are frequent and sometimes fatal.

"If part of Junior's standard equipment is a length of coiled rope tucked into his belt, taken time to warn him that this weapon is really dangerous," adviser Mrs Ruth C. Freeman, chairman of the Illinois Safe Homes committee, University of Illinois.

A child should be taught never to tie a rope around his own neck or anyone else's. Stressing this point may save a life.

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Low-Protein Breakfast Brings Mid-morning Lag

That "all-gone feeling" which afflicts so many persons in the middle of the morning has a scientific name. It's hypoglycemic lag, and it occurs when the sugar content in the blood drops too low.

To avoid this lag, eat a good breakfast, advises Dr. Marian Tolbert, nutrition expert, University of Illinois.

Recent experiments show that protein intake is what makes the difference. Studies were made over a period of time using four basic breakfasts: one high in protein content, one low in protein content, one using vegetable protein and one featuring animal protein.

Caloric content of breakfasts used in the tests was about the same. Persons who ate the low-protein meals felt a lag in two and a half hours, while a high-protein meal kept the sugar content in the blood up for more than three and a half hours, or well along toward lunch time.

Grain cereals as well as eggs, milk, butter and meat are high sources of protein, and tests proved that it makes no difference what the source of the protein is, so long as there's plenty of it.

and the University of Chicago Press, 1960. The book is a collection of essays on the history of the United States, written by a group of leading scholars. It covers a wide range of topics, from the early years of the nation to the present day. The essays are written in a clear and concise style, and are accessible to a wide range of readers. The book is a valuable resource for anyone interested in the history of the United States.

The book is divided into two main parts. The first part, "The Early Years," covers the period from the early years of the nation to the Civil War. It includes essays on the founding of the country, the early years of the Republic, and the Civil War. The second part, "The Later Years," covers the period from the Civil War to the present day. It includes essays on the Reconstruction era, the Gilded Age, the Progressive Era, and the modern era. The book is a comprehensive survey of the history of the United States, and is a valuable resource for anyone interested in the subject.

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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 28, 1952

## "Cold" Jelly Method Saves Fresh Fruit Flavor

You can make jelly by the so-called cold or below-boiling method if you use fruit juices that are high in acid and pectin. This method saves time and does away with the discomfort of standing over a hot stove. Also, it helps to keep more of the fresh fruit flavor.

Remember that the juice must be fresh, cautions Mrs. Pearl Janssen, foods specialist, University of Illinois. The jelly should be made immediately after the juice is extracted. Or a common practice is to can the fruit juice and then make a batch of jelly as you need it.

To make jelly by the "cold" method, use one and one-half cups of sugar to one cup of fresh or canned juice. Heat the juice; add the sugar and stir until completely dissolved. (Don't boil the juice...it should be just hot enough to dissolve the sugar thoroughly.) Pour into sterilized jelly glasses, cover with paraffin immediately and let stand until jellied.

Like other jellies, this jelly should be stored in a cool, dry place to lower the chances of molding.

Blackberry and grape juices are commonly used for this jelly-making method. The combination of raspberry and apple juices is also good. The raspberry juice adds flavor as well as color.





Margarine Is High in Nutritive Value

Fortified margarine has become a stable part of the American diet. It is included as one of the "Basic-7" foods--the practical dietary yardstick promoted by the United States Department of Agriculture.

Homemakers are attracted by margarine's relatively low cost. But price is not the only factor, says foods and nutrition specialist Anne Fluhr, University of Illinois College of Agriculture. There are other desirable high-quality values in margarine.

Pound for pound, fortified margarine is just as nutritious as butter. Scientists and the medical profession recognize margarine's dependability as a constant source of vitamin A. Summer or winter, most margarines contain a minimum of 15,000 U.S.P. units per pound. No other table spread gives consumers this scientifically controlled quality of vitamin A units the year round.

The chief difference between margarine and butter is that margarine is made principally of domestic vegetable fats, while butter is made from cream. Both contain not less than 80 percent of fat by weight, assuring us of approximately 3,250 calories per pound.

The yellow coloring in margarine is certified by the Pure Food and Drug Administration and is the same as that used by other food processors.



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# Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 4, 1952

## Older Children Enjoy A Story Hour

"Read me a story, Mom," is a frequent cry of the preschool age child. But as he becomes more independent and learns to read by himself, reading aloud becomes a forgotten joy in many families. Yet older children and adults too love a story hour.

"Shared enjoyment of stories and illustrations enriches and deepens the youngster's appreciation of books and is an adventure in family companionship," says Marguerite Briggs, child development specialist, University of Illinois.

If possible, set aside a special time, for reading. After the evening meal or just before the youngster's bedtime works out well in most families.

Careful selection of books is important. Here are good tests to apply: Is the book interesting? Is it well written? Is its underlying idea true, its spirit fine? To hold the child's interest, the subject matter must have some relation to his own experiences. Many families prefer to depend on librarians to select good material. Most libraries have lists of selected books for various age groups.

As the child advances, he will be eager to do his share of reading aloud and will become versed in the sort of thing enjoyed by the family. He too will want to choose books. When he becomes a participant and contributor, you will know that books have become a real part of his life.





Hints to Help the Household Handyman

You don't have to be a Jack of all trades to be a handy man around the home front, but a little know-how about the job you're going to tackle will save a lot of trouble. This is the warning of Catherine M. Sullivan, home management specialist, University of Illinois.

With labor costs high, many householders are venturing into painting, papering and carpentering jobs that were formerly considered to be only for experts. "But even though it costs you less to do the job yourself," says Miss Sullivan, "there's no real economy unless you're well satisfied with it when it's finished.

Here are three good rules that will help you avoid costly disappointments: Find out about the job before you start, be thorough in preparation and use the best possible equipment.

There are many good sources of information for home repair and remodeling. Perhaps covering the widest range is the Government Printing Office in Washington, D. C., which lists home helps under "Publications of Interest to Suburbanites and Home Owners." The leaflets range in price from five to 50 cents.

Also, don't overlook your local library. Most libraries have several "How to Do" books. Commercial companies that manufacture and sell paint, wallpaper, tiles and other commodities for household repairs distribute books of instructions on how to use their products.

The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that proper record-keeping is essential for the integrity of the financial system and for the ability to detect and prevent fraud. The document also outlines the responsibilities of the accounting department in ensuring that all transactions are properly recorded and reported.

The second part of the document describes the various methods used to collect and analyze data. It includes a detailed discussion of the data collection process, from the initial identification of data sources to the final analysis and reporting. The document also provides a comprehensive overview of the data analysis techniques used, including statistical methods and data visualization tools.

The third part of the document focuses on the results of the data analysis. It presents a series of charts and graphs that illustrate the key findings of the study. The document also includes a detailed discussion of the implications of these findings for the financial system and for the accounting department. The document concludes by providing a series of recommendations for improving the accuracy and reliability of the financial system.

The fourth part of the document provides a summary of the findings and recommendations. It includes a brief overview of the key points discussed in the document and a list of the recommendations for improving the financial system. The document also includes a series of appendices that provide additional information on the data collection and analysis process.

## Hints to Help the Household Handyman - 2

Many jobs that might have been excellent are mediocre because the enthusiastic amateur craftsman failed to take time to prepare adequately for the final step. Such jobs as cleaning and sanding may not be exciting, but they're important.

It isn't necessary to buy the best or most expensive professional type tools for your home jobs, but in general you'll find that the better the equipment, the more expert the results. Don't be taken in by a lot of fancy gadgets, but concentrate on well-made basic tools.

Then go at the job with a will, and you'll find it's lots of fun. Few joys compare with the satisfaction and pride of a task well done, especially when you can chalk up a real saving on the credit side of the household ledger.

EJ:mi  
7/29/52

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## Percentage of Synthetics Important in Blended Fabrics

A little doesn't go a long way when nylon, Orlon or Dacron fibers are used in combination with cotton, wool or rayon in blended fabrics. The special characteristics of such manmade fibers will not begin to appear unless they constitute more than 15 percent of the fabric. "To be really effective, the percentage used should be close to 50 percent." says Edna Gray, clothing specialist, University of Illinois.

Nylon, Orlon and Dacron fibers resist wrinkling, "But if you want a blended fabric to resist creases and hold the press longer, look at the label and be sure the content of nylon, Orlon or Dacron is at least 15 percent, and preferably up around 50 percent." Miss Gray warns.

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7/29/52





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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 11, 1952

## 1952 Illinois Peach Crop High in Quantity and Quality

URBANA--Indications are that Illinois peach growers' million bushel crop should find a ready market this year.

W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture, as just returned from a tour of the peach growing areas of the state. He reports that orchards in general are in fine condition. There is very little brown rot, and insect injury in most instances is being well controlled.

Another point in favor of the Illinois grower's market is the reduction of the bumper crop predicted earlier. Unseasonal dry weather had reduced the yield in all midwestern and southern states by about one-third, and fewer peaches will be coming into Illinois from nearby areas.

While the dry weather had taken its toll in Illinois, the state has not experienced so great a crop reduction as the other states, and both the quantity and the quality of the peaches are above those of the past several years.

Consumers will benefit too from the fine crop of Illinois peaches. They should find quality peaches for eating and preserving

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1952 Illinois Peach Crop High in Quantity and Quality - 2

in their local markets, and prices should be somewhat more attractive than last year, when the crop was short.

The major problem from the home-use standpoint is selection at market. Maturity is important to the flavor, texture and appearance of the fruit. Indications are that enough market suppliers in the state are considering maturity factors--such as swell of the peach and ground color--to provide top quality.

It should be remembered that red color of peaches is not an important factor from a use standpoint. On the other hand, green peaches can not be ripened properly. They will only shrivel.

Best table quality can be obtained by selecting fruit that has a white or yellow color at the bottom or blossom end and that is plump-cheeked in relation to size. The ripeness and flavor of peaches having these characteristics can be held or even improved under normal home storage conditions--50°-55°F.

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JEH:mi  
8/1/52

Use Brush to Clean Toaster

URBANA--Shaking a toaster loosens wires and often damages them. Try removing crumbs with a long-handled soft brush; your toaster will last longer, says home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture.

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8/1/52

THE UNITED STATES GOVERNMENT

DEPARTMENT OF THE INTERIOR

BUREAU OF LAND MANAGEMENT

WASHINGTON, D. C. 20250

OFFICE OF THE ASSISTANT ATTORNEY GENERAL

WASHINGTON, D. C. 20530

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Death Lurks in Many Common Home Commodities

URBANA--"There is no skull and crossbones to warn the unwary of some of the most deadly killers in the home; many are not even marked 'Poison'" said Pauline Brimhall, University of Illinois, health specialist, recently in discussing safety measures.

Apparently harmless household aids, such as cleaning fluid, washing powders, drain cleaners, kerosene and mothballs, are responsible for hundreds of deaths. More than 600 children die of poisoning each year, and many others suffer permanent disfigurement and disability: Most of this suffering and death could be avoided by applying simple safety precautions in the home, Miss Brimhall explains.

There have been repeated cases in which youngsters have been made ill or have died from swallowing kerosene. This colorless fluid, left carelessly in a glass or pop bottle, is an invitation to death for a curious toddler.

Lye, present in many washing powders, most drain pipe cleaners and some paint removers is a deadly poison. Hydrochloric acid, an ingredient of metal cleaners; carbon tetrachloride, found in dry cleaning fluids; most mothballs and naphtha flakes are all poisons that could be fatal.

Yet in general, labels on these products give no warning of danger because most of them don't come under the Federal Caustic Poisons Act.

If you are a safety-conscious parent, you probably take the utmost precaution with medicines and labeled poisons, but you may still be careless with these deadly killers. Search them out now and keep them out of the children's reach.

The first of these is the fact that the University of Chicago is a private institution. This means that it is not subject to the same regulations as public universities. The second is the fact that the University of Chicago is a research institution. This means that it is not subject to the same regulations as teaching institutions.

The third is the fact that the University of Chicago is a non-profit institution. This means that it is not subject to the same regulations as for-profit institutions. The fourth is the fact that the University of Chicago is a non-sectarian institution. This means that it is not subject to the same regulations as sectarian institutions. The fifth is the fact that the University of Chicago is a non-discriminatory institution. This means that it is not subject to the same regulations as discriminatory institutions.

The sixth is the fact that the University of Chicago is a non-partisan institution. This means that it is not subject to the same regulations as partisan institutions. The seventh is the fact that the University of Chicago is a non-ideological institution. This means that it is not subject to the same regulations as ideological institutions. The eighth is the fact that the University of Chicago is a non-religious institution. This means that it is not subject to the same regulations as religious institutions.

The ninth is the fact that the University of Chicago is a non-political institution. This means that it is not subject to the same regulations as political institutions. The tenth is the fact that the University of Chicago is a non-military institution. This means that it is not subject to the same regulations as military institutions. The eleventh is the fact that the University of Chicago is a non-educational institution. This means that it is not subject to the same regulations as educational institutions.

The twelfth is the fact that the University of Chicago is a non-commercial institution. This means that it is not subject to the same regulations as commercial institutions. The thirteenth is the fact that the University of Chicago is a non-entertainment institution. This means that it is not subject to the same regulations as entertainment institutions. The fourteenth is the fact that the University of Chicago is a non-sports institution. This means that it is not subject to the same regulations as sports institutions.

The fifteenth is the fact that the University of Chicago is a non-arts institution. This means that it is not subject to the same regulations as arts institutions. The sixteenth is the fact that the University of Chicago is a non-sciences institution. This means that it is not subject to the same regulations as sciences institutions.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 18, 1952

## Sanitation Is Best Way to Get Rid of Flies

You can spray them and swat them, but the most effective way to get rid of flies is to eliminate their breeding places. Flies as a general rule stay within about a quarter of a mile of the place they hatched, so get rid of open dumps, refuse and manure piles and keep garbage in covered cans. This is the advice of H. B. Petty, entomologist, Illinois College of Agriculture and Illinois Natural History Survey, who reports that flies are particularly numerous and bothersome this year.

In some cases flies have been found to develop a resistance to DDT. However, if the infestation is not heavy, or if the DDT has not been used in quantities over a period of years, it may still be effective.

For outside use Professor Petty suggests a 2 percent chlor-dane residual oil spray. Spray screens, doorways, porches or wherever flies gather. The residue stays after the spray dries and kills flies that walk or rest on treated surfaces. Outside surfaces need spraying every two to four weeks.

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Sanitation Is Best Way to Get Rid of Flies - 2

There are several good space sprays on the market for inside use. They contain lindane, pyrethrum and DDT, either alone or in combinations. For best results, close windows and doors before spraying inside.

Entomologists advise ordinary precautions in using and storing insecticides. Always keep eating and cooking utensils and food covered when spraying in the kitchen. Store the spray out of reach of children. Wash hands after using it. Never use oil sprays on animals or on delicate plants and shrubs or near open fires.

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School-Age Children Need Booster Shots

Your school-age child needs booster shots and revaccination to insure protection against diphtheria, whooping cough, tetanus and smallpox, advises Pauline Brimhall, health specialist, University of Illinois.

The Illinois State Department of Health recommends stimulating doses for protection against diphtheria, whooping cough and tetanus at 5 to 6 years of age. Vaccination against smallpox should be repeated at least every three years. Booster doses of tetanus should be given at time of injury.

Parents are warned not to be lulled into a sense of false security because their children have had immunization in infancy. If your child is school age, consult your physician and make sure he is really protected from these diseases.

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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 25, 1952

## Nylon, Orlon, Dacron Need Special Washing Care

URBANA--Man-made wonder fabrics, nylon, Orlon, Dacron, created to lighten the homemakers' laundering, present a few special problems of their own. You will avoid disappointment in these new fabrics if you know a few facts about their care in the wash, advises Florence King, textile specialist, University of Illinois.

Nylon, Orlon and Dacron garments may be washed by machine if you take proper precautions. Be sure the fabric doesn't fray or ravel. If threads pull out easily at the seams, wash the garments by hand. If you use the washer, agitate for not more than three minutes. Water should be only as hot as your hands can stand comfortably. Hotter water may cause yellowing of white fabric and fading of colors. If you use a drier, be sure the heat is turned to low, because intense dry heat injures the fibers.

These new fabrics are thieves--they steal color from other clothes, even those that are apparently colorfast, so always wash white garments by themselves. To be on the safe side, snip off any colored labels. Even colored lettering or colored threads have been known to leave spots. Wash gently, as harsh rubbing and friction will injure the fibers.

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Nylon, Orlon, Dacron Need Special Washing Care - 2

The very qualities that make these synthetics wrinkle resistant cause them to retain wrinkles put in when wet. Never wring nylon or Orlon by twisting or squeezing. Wringing through rollers won't harm the fibers but will press in creases unless carefully done. It's best to roll in a towel to take out excess water and hang to drip dry. Hang away from the direct heat of radiators and strong, bright sunlight.

EJ:ml

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Crisp Vegetables Clean the Teeth

An apple, a carrot or a stick of celery in Junior's school lunch box not only will supply him with important minerals and vitamins, but will help clean his teeth as well. This bit of information comes from health specialist Pauline Brimhall, University of Illinois.

These crisp vegetables eaten at the end of the meal have been proved an effective aid to mouth hygiene, because, in chewing particles of other foods are removed and the gums are massaged.

A cold water mouth rinse immediately after eating will also help to reduce tooth decay. Action of sugar and carbohydrates on the teeth begins within ten minutes after they enter the mouth, so don't delay the rinsing.

Of course there's no substitute for good rotary-motion brushing, so when you tell your small fry to brush his teeth, don't let him get away with saying, "Well, gee whiz, Mom, I just ate a carrot."

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3/19/52

## 1. International Journal of Urban and Regional Research

Urban and regional planning research is a broad and diverse field, encompassing a wide range of topics and methodologies. This journal provides a platform for researchers to share their findings and insights, contributing to the advancement of the discipline. The journal covers a wide range of topics, including urban development, regional planning, and the impact of globalization on urban and regional systems. It also features a variety of methodologies, from quantitative analysis to qualitative research, and encourages interdisciplinary approaches. The journal is a key resource for scholars and practitioners alike, offering a comprehensive overview of the latest research in the field.

## 2. Journal of Planning Literature

The Journal of Planning Literature is a leading publication in the field, providing a comprehensive overview of the latest research in urban and regional planning. It features a wide range of articles, including empirical studies, theoretical discussions, and policy analyses. The journal is a key resource for scholars and practitioners alike, offering a comprehensive overview of the latest research in the field. It covers a wide range of topics, including urban development, regional planning, and the impact of globalization on urban and regional systems. The journal also features a variety of methodologies, from quantitative analysis to qualitative research, and encourages interdisciplinary approaches. The journal is a key resource for scholars and practitioners alike, offering a comprehensive overview of the latest research in the field.

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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 1, 1952

## Don't Scare Your Child About Polio

It's the polio season, but in your zeal to teach your child good health protection measures, be careful not to scare him to death. This advice comes from Pauline Brimhall, health specialist, University of Illinois, College of Agriculture.

There have been cases, Miss Brimhall says, in which children afflicted with the disease have been so terrified by the very mention of the word polio that their fear has become a serious handicap to their recovery.

It is important that the child get adequate rest, but don't say, "If you don't go to bed early you may get polio." Or "You'll get polio if you don't wash your hands."

Make your approach to good health habits positive. Say, "If you get plenty of rest, you'll feel well and strong." "Clean hands help to keep you healthy."

It isn't necessary to isolate your child because there has been a case of polio in your town. Let him continue to play with his own group of playmates. Good sense and a calm attitude are better weapons than worry and fear.





How to Can Potatoes At Home

Now you can add home-canned Irish potatoes to your shelf of foods for emergency meals. Directions for preparing and processing potatoes at home have been developed recently and are reported by the U.S.D.A. Bureau of Human Nutrition and Home Economics.

Use potatoes that are 1 to  $2\frac{1}{2}$  inches in diameter. Wash, peel and cook in boiling water for ten minutes. Drain.

If using glass jars, pack the hot potatoes to within  $\frac{1}{2}$  inch of the top. Cover with boiling water, leaving a  $\frac{1}{2}$  inch space at the top of the jar. Add  $\frac{1}{2}$  teaspoon salt to pints and 1 teaspoon to quarts. Adjust jar lids; then process in pressure canner at ten pounds' pressure (240° F.) Pint jars should be processed for 30 minutes, and quart jars require 40 minutes.

As soon as you remove jars from canner, complete the seals if closures are not of the self-sealing type.

If you wish to can potatoes in tin cans, pack the hot potatoes to within  $\frac{1}{4}$  inch of the top. Fill to top with boiling water, and add  $\frac{1}{2}$  teaspoon salt to No. 2 cans and one teaspoon to No.  $2\frac{1}{2}$  cans.

Exhaust and seal cans; then process in pressure canner at ten pounds' pressure (240° F.). Process 35 minutes for No. 2 cans and 40 minutes for No.  $2\frac{1}{2}$  cans.

Complete directions for canning diced potatoes may be obtained by writing to Frances Cook, foods specialist, University of Illinois College of Agriculture, Urbana, Illinois.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 8, 1952

## Check Labels To Tell How Much Fabrics Will Shrink

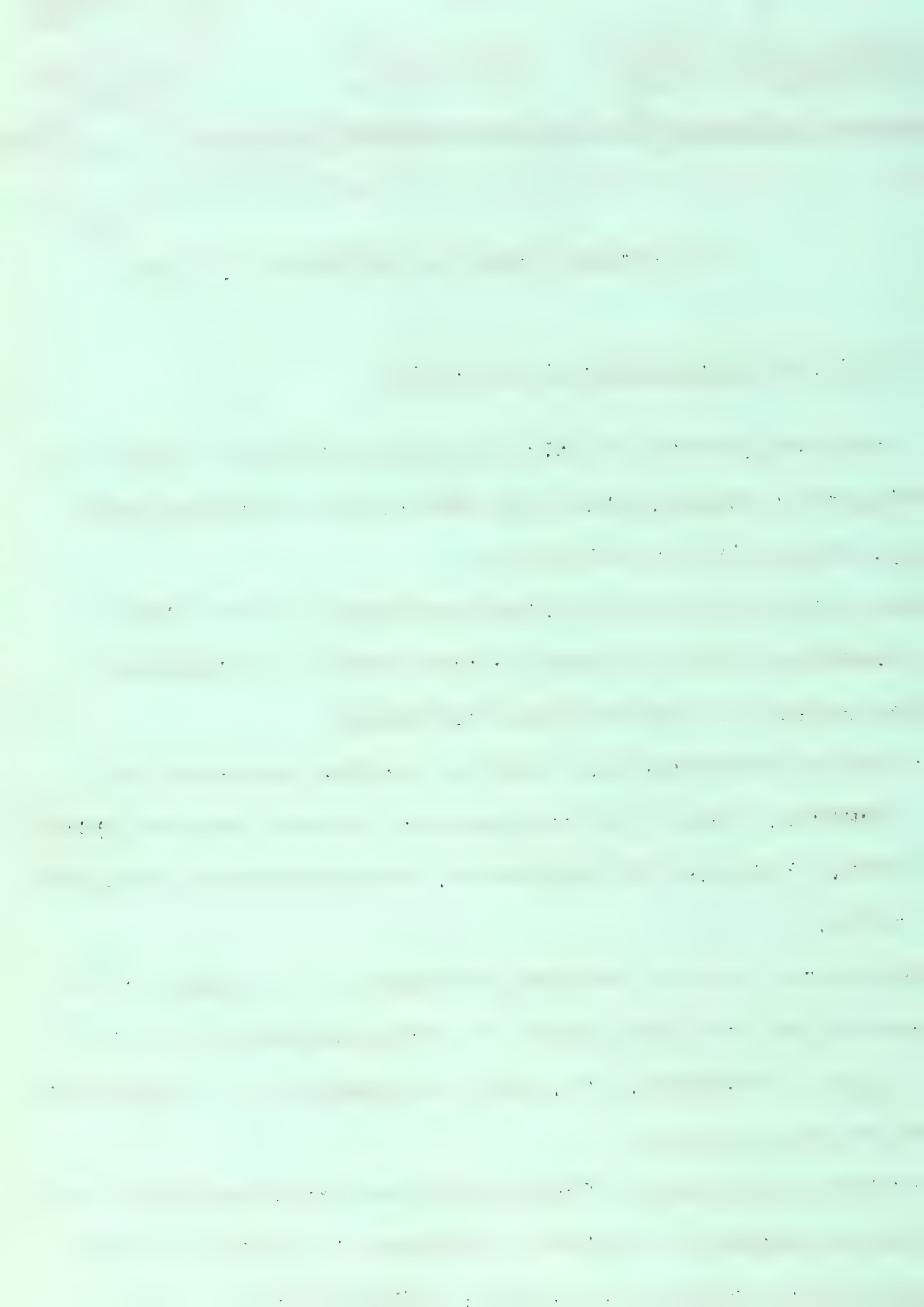
To be sure the garment or fabric you buy will not shrink out of shape in washing or cleaning, study the label, says clothing specialist Edna Gray, University of Illinois.

Remember, cotton does not shrink completely at the first treatment. The important thing to know is what amount of shrinkage is left. Industry calls this the residual shrinkage.

A good job of shrinking may leave a residual shrinkage of 1 or 2 percent. However, even 1 percent amounts to more than one third of an inch to a yard. This may be lengthwise, crosswise or in both directions of the cloth.

Some fabrics may have a residual shrinkage of 2 or even 3 percent. In this case allow for that amount of shrinkage and don't fit your garment too tight. Remember, too, that shrinkage is not completed in the first wash or dry cleaning.

Labels with such terms as "pre-shrunk" or "pre-laundered" are meaningless unless the amount of residual shrinkage is plainly stated. A good label should read something like this: "Pre-shrunk. Residual shrinkage guaranteed to be not more than\_\_percent."





Here's First Aid for Furniture Scratches

Have the youngsters steered their tricycles and toy wagons into the legs of your tables or upholstered furniture? If the scratches aren't too deep, you can cover them by rubbing with a nut meat, advises Dorothy Iwig, home furnishings specialist University of Illinois. The oil from the nut will cover the scratch and do a good camouflage job.

If this doesn't work, you may want to use an oil stain to match the color of the wood. There are commercial products for this special purpose on the market. It is best to use a piece of lint-free cloth, dipped into the stain, and lightly feather in the scratch, making an irregular edge to blend with the present finish.

A deep gouge will take a little more doing. Get stick shellac at the paint store. Since shellac darkens with time, it should be a little lighter in color than the wood. Heat a knife or spatula and touch the heated blade to the shellac just long enough to cause it to run, but not bubble. Let the drippings fill the dent; then press the filled spot with a putty knife. With a sharp knife, level the shellac to make it even with the surface. Let it harden, and then smooth lightly with very fine sandpaper.

If the damage is severe, it may be necessary to insert a patch of wood that has been previously finished to match the scarred furniture. The damaged section must first be cut out, and the patch then cemented in place.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 15, 1952

## State Nutrition Conference Is Sept. 27

Start planning now to attend the Nutrition Conference at the St. Nicholas Hotel in Springfield, Illinois, on September 27.

It's your chance to get the latest word about nutrition problems that affect your family and your community. There will be a small registration fee, but the conference is open to everyone.

Sponsored annually by the Illinois Nutrition Committee, the conference is used as a means for spreading technical advice on problems relating to nutrition and health.

A program of talks on live questions has been outlined for this year's conference. The fluoridation of public water supplies to prevent dental caries has become a problem in many communities. Dr. W. H. Tucker, commissioner of health, Evanston, will speak from practical experience on this topic. Evanston is the locale of a long-time experiment in fluoridation.

Obesity, or plain old-fashioned overeating, will be discussed by Dr. Margaret Ohlson, head of the department of foods and nutrition, Michigan State College. Obesity is being recognized as the number one adult nutrition problem in the United States today.

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State Nutrition Conference Is Sept. 27 - add 1

Dr. Simon Rodbard, assistant director, Cardio-vascular Department, Medical Research Institute, Michael Reese Hospital will talk about the effect of diet on disease of the blood vessels. There's a great deal of talk by lay persons about food and its effect on high blood pressure and diseases of blood vessels.

Another feature of the program will be a review of new material that can be used by workers in the nutrition education field.

AJR:mi

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Use the Right Utensils For Pickling

Use an enamelware, aluminum or stainless steel kettle to cook pickles, says the United States Department of Agriculture. Don't use a copper kettle. Unless the copper is very bright and shiny, the acid will react with the tarnish on the metal and form poisonous salts. Don't use a galvanized pail either. Acid or salt react with zinc to form a substance that is equally harmful.

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EJ:mi  
9/9/52





Good 'Eye Q' Helps Youngsters in School

If Johnny comes home with a string of "D's" on his report card, Mom and Dad had better start checking on his "Eye Q" before they become concerned about his "I.Q." says Pauline Brimhall, health specialist, University of Illinois. Eighty-five percent of what your child learns is obtained through his eyes, so it is easy to see how handicapped a child can be by defective vision.

Statistics show that about one-third of our school children have something the matter with their eyes, and frequently neither they nor their parents are aware of it.

A child may complain about alot of things, but he seldom complains about poor vision for the simple reason that he doesn't know he has it. He may be seeing double, his vision may be blurred or he may be having to strain to see at all. However, since he has no standard for comparison, he doesn't know how well he ought to see.

There are a number of indications of eye trouble that parents can watch for. Miss Brimhall lists the following danger signals. If you notice any of them, arrange at once for a competent eye examination.

Child rubs eyes frequently, frowns, attempts to brush away a blur. He shuts or covers one eye, tilts or thrusts his head forward when looking at near or distant objects. He has difficulty with reading or other work requiring close use of the eyes. He blinks more than usual, cries often or is irritable when doing close work.



Good 'Eye Q' Helps Youngsters in School - add 1

Watch out, too, if he stumbles or trips over small objects, holds books or small objects close to his eyes, can't play games requiring distance vision; is very sensitive to light, or is dizzy, nauseous or has headaches following close work.

Check the appearance of the eyes for these symptoms: red rims, encrusted or swollen lids, recurring sties, inflammation or watering or crossing of eyes.

EJ:mi

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Whole Spices Are Best For Pickles

Don't substitute powdered spices for whole spices in your pickle recipes, says the United States Department of Agriculture. Whole spices keep their flavor longer and have less tendency to discolor the pickles. Put the whole spices in a cloth to cook with the other ingredients. Use a piece of thin cloth large enough to allow the juices to circulate through the spices and draw out the flavor. Take the spices out before you put the pickles into the jar.

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EJ:mi  
9/9/52



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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 22, 1952

## Nutritionist, Educator to Talk on Obesity

The Illinois Nutrition Conference to be held at the Saint Nicholas hotel, Springfield, on September 27, will feature a discussion of weight reduction by Dr. Margaret A. Ohlson, head of foods and nutrition, Michigan State College.

Obesity is recognized by health authorities as the number one adult nutrition problem in the United States today. Research on weight reduction, under Dr. Ohlson's direction, has been under way at Michigan State College for several years. Results of the study indicate that safe weight reduction takes time, but is possible on satisfying meals of everyday foods everyone likes. Nutritionists encourage overweight persons to reduce and to use medical guidance.

Dr. Ohlson will show a film that documents a four-month weight reduction study. Most of the subjects lost  $1\frac{1}{2}$  to 2 pounds a week on a 1400-calorie diet. The diet was higher in protein and in fat than most reducing diets.

Other conference speakers will talk on the long-time research project at Evanston, Illinois, on the fluoridation of the public water supply and on the effect of diet on disease of the blood vessels.

The Illinois Nutrition Committee sponsoring the conference invites the public to attend, as well as teachers, doctors, nurses, nutritionists, home advisers, dentists and public health representatives.





Half Turkeys Good Buy for Small Families

The old adage about half a loaf doesn't apply when it comes to turkey. Half a turkey is not only infinitely better than none, but is frequently better than a whole one, says Geraldine Acker, foods specialist, University of Illinois.

Tailored to fit the needs of the small family, a half turkey requires a smaller cash investment and gives an economical proportion of bone to meat. Halved lengthwise, it provides a selection of both white and dark meat.

Turkeys, plentiful right now, are reasonable in price, and many grocers are featuring half turkeys.

Here's how you go about roasting a half bird: Tie tail and leg together by stitching clean wrapping cord through skin at end of leg and then through meat of tail. An upholsterer's needle is good for stitching.

Place bird cut side up. Sew loose skin at neck so that it forms pocket. Salt pocket and body cavity and fill loosely with stuffing. Allow scant  $3/4$  cup dressing per pound of bird.

Cut heavy brown paper to fit over cut side of bird. Grease or oil the paper and place over cut side. Lace across the bird with needle and cord, catching skin on each side. If you prefer you can mound the stuffing on the paper on rack in roasting pan and place bird over stuffing.

Place cut side down in roasting pan. Brush with melted fat and cover with cheesecloth or light cloth moistened with fat or cooking oil. Roast in preheated oven set at 325 degrees F. Allow about 25 to 30 minutes per pound.



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for weeklies



# Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 29, 1952

## Teach Children Cycling Safety

More than 40 school children pedal their way to disaster every day in this country. Mrs. Ruth C. Freeman, assistant professor University of Illinois, state chairman of the Illinois Home Economics Extension Safety Committee reports that 400 children in the U. S. were killed in bicycle accidents last year, and more than 15,000 were injured. These figures come from the records of the National Safety council.

A large part of the blame for these appalling figures rests not on motorists, but on lack of safety education among children, Mrs. Freeman points out. In three-fourths of the accidents the children had failed to obey traffic regulations; in one-fourth they were riding defective or improperly equipped bicycles.

Schools, police departments, parent-teacher groups and civic organizations in many cities are making a combined effort to teach cycling safety. However, the most effective lessons are learned from parents, Mrs. Freeman says.

Here are a few simple rules every child should learn; knowing them may save his life:

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Teach Children Cycling Safety - add 1

Obey all traffic signs and signals. Ride single file on the extreme right of the street. Stop and look stop and look both ways before riding out of driveways or from behind parked vehicles. Watch for cross traffic at intersections. Never carry another person on the handlebars, and never hitch on to cars or trucks.

Also check the condition of the bicycle itself. Be sure that the chain has no weak links, the tires are good, the brakes hold evenly and wheel nuts are tight.

Dusk is a time of danger for bike riders. Teach your child to put his headlights on early. A new reflectorized tape that reflects car lights for several hundred feet is recommended to provide added protection. For maximum safety, attach strips to front fender and handlebars as well as to rear fenders.

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Buttons Now Made of Nylon

Buttons are now being made of nylon, says Fern Carl, clothing specialist, University of Illinois. They look like plastic and are being used on nylon sweaters. They will not chip, crack or break under normal wearing conditions. Another advantage is that they can be dyed with the sweater, insuring a perfect match as well as keeping production costs down.

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9/24/52



High-Style Corduroy Often Printed Off Grain

Riddle: Why do many of the new printed corduroys make "frown-lines" for mother before they make "headlines" for Sally?

The answer is easy, says clothing specialist Edna Gray, University of Illinois College of Agriculture.

Many of the printed corduroys on the market this fall are printed crooked, or off-grain, and so designs that have definite horizontal lines--checks or plaids--have a helter-skelter, off-balance look in the finished garment.

If the store where you shop has a policy of tearing off lengths of material, or of cutting cloth on a thread, you can see whether it is printed straight or not, says Miss Gray.

If the material is not torn, or cut along a thread, you can check the grain by following a thread across the material from selvage to selvage and noting whether it falls at the same place in the stripe or design.

You'll find off-grain prints in some of the ready-mades too, but they are harder to detect. Sometimes the garment will be made so that the design is straight but the grain is out of line. Then the garment won't fit right or hang as it should--sleeves, for example, will not hang alike.

Take time to examine major sections of the garment carefully. Follow a thread to examine sections that should be cut on-grain, and check the location of the design.



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# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 5, 1952

## How to Freeze and Use Cake Batter

Cakes frozen in the batter state have certain advantages over those frozen after baking, says Dr. Frances O. Van Dyne, foods research specialist, University of Illinois. The batter is easy to package and takes less storage space, and the finished product seems more moist and has a flavor more like that of freshly mixed and baked cake. A cake baked first and then frozen, however, requires less time to prepare for serving after it is taken from storage.

For cakes frozen in the batter state, use double-acting baking powder (SAS-phosphate) to assure good volume. Use of pure vanilla is also recommended because some experiments have shown that synthetic vanilla may cause discoloration and change in flavor.

Cake batter will retain its quality for two or three months in the freezer, but if held too long the cakes baked from it will be coarse-grained and heavy.

When the batter is to be used, defrost it in a refrigerator overnight or for about five hours at room temperature. Pour the softened batter into a greased loaf pan or two layer pans lined with waxed paper. Leave at room temperature for 10 to 20 minutes before baking.





Acetate Taffetas--Some Hold Their Color But Lose Their Stiffness

Have you ever had the experience of fixing something that was wrong, only to find that you'd caused another problem? That's what seems to have happened to the manufacturers of acetate taffeta. They've succeeded in making their product color-fast, but in doing so they have, for the present at least, sacrificed its permanent stiffness.

For years this fabric was highly desirable for "best" dresses, lingerie, evening wear, and the like. It had a permanently crisp texture and a high-luster finish. The only thing wrong, says clothing specialist Edna Gray, University of Illinois, was that the colors were sensitive to atmospheric gases--garments sometimes faded even while hanging in the closet.

Manufacturers are now using a new process to make acetate taffeta color-fast. Fabrics made from this process are sometimes called "solution dyed" or "dope dyed." If either of these terms appears on the fabric label, you may be sure of the color-fastness, but don't expect permanent crispness. The only other way you can identify the new product is to be well enough acquainted with the old acetate to distinguish the new by its "feel."

If the acetate taffeta you buy happens to be made by the new method, don't be surprised if there is an excessive loss of "size" or stiffness with even a slight amount of moisture. Spots including moisture sometimes cause a whitish streak, or the area may become stiff and darker in color.



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for weeklies

# homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 13, 1952

## 4-H Boys Like Home Economics Projects

Home economics 4-H Club work in Illinois is fast becoming coeducational. The University of Illinois extension service reports that, in the club year just finished, boys throughout the state continued to enroll in food and clothing projects right along with the girls.

The projects that were most popular with the boys were outdoor meals, cookies, and cakes. Thirteen boys took part in clothing projects.

Handicraft was a popular joint project. Set up for both boys and girls, it had an enrollment of 2,893. This was an increase of 372 over last year.

Home economics projects that showed an increase in enrollment were foods projects, especially popular with the girls. The project "Make Good Things With Milk and Eggs" had an increase of 751 over last year's Dairy Foods project, with 1,953 girls enrolled. The "Quick Breads" project was chosen by 1,804 girls, an increase of 282.

Final figures show that nearly 50,000 4-H home economics projects were carried by 30,000 boys and girls in Illinois this summer.





Have Fun, Not Fears, for Halloween

Halloween is carnival time for the small fry who look forward to this holiday as one of the high spots of the year. However, children need to be guarded against undue excitement and unnecessary fears.

Helen Marshall, child development specialist, University of Illinois, says that children from three to six years old are more prone to be terrified of strange persons and objects than those of other age groups. Prepare the child for strange sights, Miss Marshall says, by taking him to the store and letting him see the Halloween masks and costumes and allowing him to choose one for himself. If the child seems afraid when the Halloween pranksters appear, prevail on some of the youngsters to remove their masks and let the young child try them on.

Fears of strange people become fewer as the child enters the 7- to 10-year age group, but fears of fanciful and supernatural bogies increase. These strange imaginary creatures frequently fill the child's nightmares during these years. Halloween is a good time to bring ghosts, goblins and witches into the open and demonstrate that they are not really terrifying at all.



FOR RELEASE WEEK OF OCTOBER 20, 1952

### How to Pasteurize Milk

Pasteurize milk to give your family extra protection against disease, says Pauline Brimhall, health specialist, University of Illinois. Although 70 percent of the milk sold through regular retail channels is pasteurized, many farm families are still drinking raw milk.

Annual testing of the herd for brucellosis and tuberculosis is recommended. But even though cows have been tested, it is practically impossible to be sure at any time that a herd is free from disease. It is always possible for infection to occur after testing has been done, says Dr. George Woods, University of Illinois College of Veterinary Medicine. Scarlet fever, septic sore throat, diphtheria, and typhoid fever may also be transmitted through raw milk.

The Division of Dairy Technology, University of Illinois, suggests the following easy home method of pasteurization. To prevent and retard growth of bacteria, the milk should be pasteurized within two hours after it comes from the cow. All the equipment that is needed is a cooking thermometer and a double boiler with a hole cut in the lid.

Put the milk in top part of double boiler and cover with lid. Insert thermometer in hole in lid, extending one or two inches into the

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How to Pasteurize Milk - add 1

milk. Wrapping a rubber band around the thermometer will make it fit snugly and protect it from breaking. Put the container into bottom part of double boiler which has been partly filled with warm water. Heat to 165 degrees F. Do not stir, and do not remove the lid during heating. When temperature reaches 165 degrees, remove container of milk and place in cold water. Cool rapidly, changing the water when it becomes warm. Place cooled milk in bottles that have been washed with soap and water, rinsed and scalded. Store in refrigerator. Milk pasteurized by this method will have a slightly cooked flavor.

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"Vat Colors" Not the Same as "Vat Dyes"

Do not confuse the term "vat colors," used on some labels for printed fabrics, with the well-known term "vat dyed," warns Edna R. Gray, clothing and textiles specialist, University of Illinois College of Agriculture.

Vat-dyed, when used on labels for cottons, linen and rayons, means that the color is fast. Vat colors, on the other hand, may not be fast. Because the two terms sound like, the casual shopper may easily confuse them.

When vat colors are printed entirely on the surface of the cloth, like paint, they may crack and rub off. Although a vat color has been used, it will not be the fast color the consumer thinks it is when she buys it.

Watch for the label "vat colors" on large prints. Before you buy, rub a clean white handkerchief over the surface of the print to see whether the dye rubs off on the dry cloth.

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10/15/52



The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that proper record-keeping is essential for ensuring the integrity of the financial system and for providing a clear audit trail. The document also highlights the need for transparency and accountability in all financial dealings.

The second part of the document outlines the specific procedures for recording transactions. It details the steps involved in the accounting process, from the initial entry of data into the system to the final review and approval of the records. The document also provides guidance on how to handle any discrepancies or errors that may arise during the process.

The third part of the document discusses the importance of regular audits and reviews. It explains that these activities are necessary to ensure that the records are accurate and up-to-date, and to identify any potential areas of improvement. The document also provides information on how to conduct these audits and reviews effectively.

The fourth part of the document discusses the importance of maintaining the confidentiality of financial records. It explains that this is a key requirement of many financial regulations, and that it is essential to implement appropriate security measures to protect the data. The document also provides guidance on how to handle any breaches of confidentiality.

The fifth part of the document discusses the importance of keeping the financial records secure. It explains that this is a key requirement of many financial regulations, and that it is essential to implement appropriate security measures to protect the data. The document also provides guidance on how to handle any breaches of security.

## Appendix A: Sample Record-Keeping Procedures

This appendix provides a sample set of record-keeping procedures that can be adapted to suit the needs of your organization. The procedures are designed to ensure that all transactions are recorded accurately and that the records are maintained in a secure and confidential manner.

The first section of the appendix describes the process for recording transactions. It includes a list of the steps to be followed, from the initial entry of data into the system to the final review and approval of the records. The second section of the appendix describes the process for conducting audits and reviews. It includes a list of the steps to be followed, from the selection of the records to be audited to the final report and recommendations.

The third section of the appendix describes the process for maintaining the confidentiality of financial records. It includes a list of the steps to be followed, from the implementation of security measures to the handling of any breaches of confidentiality. The fourth section of the appendix describes the process for keeping the financial records secure. It includes a list of the steps to be followed, from the implementation of security measures to the handling of any breaches of security.

The fifth section of the appendix describes the process for handling any breaches of confidentiality or security. It includes a list of the steps to be followed, from the identification of the breach to the final report and recommendations. The sixth section of the appendix describes the process for handling any discrepancies or errors that may arise during the record-keeping process. It includes a list of the steps to be followed, from the identification of the error to the final correction and approval.

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for weeklies



# Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 27, 1952

## Old Nylons Make Good Shoe Bags

Your old stockings can protect your shoes, says Fern Carl, clothing specialist, University of Illinois. Tie a knot in the stocking at the ankle. Put one shoe in, tie another loose knot, insert the other shoe and knot the stocking at the top. If you prefer, you can cut off the foot of the stocking and then knot at the ankle. Or you can knot two stockings together and put a shoe in each.

If you're short of shelf or drawer space, shoes arranged in this manner may be hung over a hook in the closet. This is a good way to store the summer shoes you'll be putting away soon.

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## Soap and Detergents Don't Mix

Soap and detergents are not good mixers, warn the laundry specialists, United States Department of Agriculture. If you want to use the scraps and bits from complexion or bath soap, keep them by themselves for washing that requires a mild soap. Don't mix them with detergents in the washing machine, says Catherine M. Sullivan, home management specialist, University of Illinois.

Both soaps and synthetics are scientifically manufactured for a specific use. They are highly specialized products. Used together, one type will sometimes nullify the effectiveness of the other.

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10/22/52



Treat Yourself to an Apple on a Stick

An apple on a stick is a delightful between-meal treat or dessert for youngsters. The confection is easy to make, and children will enjoy helping to make it as much as they will enjoy its sweet and tart flavor, says Anne Fluhur, foods specialist, University of Illinois.

Use a tasty taffy, caramel or chocolate coating--any one of them is delicious. After the fruit has been dipped into the candy sirup, it can be whirled in coconut, chopped nuts or crushed peppermint candy.

Select small or medium-sized apples. Wash and dry them thoroughly; the candy sirup will not stick to the fruit if it is wet. Insert a wooden stick in the stem end of the fruit, and twirl the apple in the sirup. If the sirup becomes too thick, set it in a pan of hot water to maintain a liquid consistency during the dipping. After dipping the fruit, place it on a rack to dry. Do not place on wax paper, as the paper will stick to the candy covering, and it is hard to get off.

An easy chocolate coating can be made by using chocolate bits. Melt the candy in the top of the double boiler, and add about two tablespoons of milk. Half a package of bits will dip five or six small apples.





for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 3, 1952

## Two Home Advisers Slated for National Recognition

National recognition for outstanding service in home economics extension work will go to two Illinois home advisers this year. Helen Hackman, Pike county, and Arlene Wolfram, Livingston county, will be honored at the National Home Demonstration Agents' meeting in Chicago on November 8.

In addition to achieving professional success, a person receiving such recognition must have served ten years or more in home economics extension work and must be a county home demonstration agent at the time the award is made.

During her ten years as home adviser in Pike county, Miss Hackman has been especially active in working with young people. Membership in the county's extension program has increased from about 350 adult and 4-H members in 1942 to over 1,000 at the present time. Miss Hackman has been active in professional organizations and is now public relations chairman of the National Home Demonstration Agents' association.

Miss Wolfram has had outstanding success in working with Rural Youth groups in Illinois. She began her extension career in Schuyler-Brown county, where she was home adviser for six years. She later served in Mercer county, moving from there to her present post in Livingston county. She has served as second vice president of the Illinois Home Advisers' association for the past two years. She has also served on the professional improvement committee, the state 4-H camp coordinating committee, Rural Youth and conference program committees.



Spare the Load to Save the Washer

If your washing machine doesn't seem to be doing quite the job it should, check the load, says Catherine M. Sullivan, home management specialist, University of Illinois. Overloading--the home-maker's tendency to throw in just one or two more pieces--is the cause of a big percentage of washing machine troubles.

A repair man reported that nearly 90 percent of the difficulties in washers he services can be traced directly to overloading. "A man might be able to carry forty pounds for two hundred miles, but that doesn't mean he could carry two hundred pounds for forty miles," is the way he explained it. In a recent survey of washing machine users, most complaints that washers were not getting clothes clean were traced directly to over-loading.

Most manufacturers who make the cylinder or agitator-type washers rate the load capacity as 9 pounds. Those who make the pulsator washer rate the load capacity at 8 pounds. However, according to Miss Sullivan, all washers do a better job with a  $7\frac{1}{2}$  or 8 pound load.

A combination of large and small pieces is most practical. A load consisting only of sheets, especially in the agitator-type washer, cannot move freely for washing and may turn over so slowly that the mechanism seems to work on only part of the wash.

It is a good idea to weigh your loads for a while until you know about what is the right amount. If you have no scales, Miss Sullivan suggests the following typical assortment: 2 sheets, 2 pillow slips, 2 bath towels 2 men's white shirts, 2 luncheon cloths and about a pound of tea towels or other small items. Most family washes will have at least two such loads.

Other loads in the same family wash may consist of one load of dresses and other colored clothes, and a final load of badly soiled clothes that must be washed separately.





Rayon Standards, Labels Are Yours for the Asking

How to get your "money's worth" is everyone's problem these days. And now, if we ask for it, industry has standards available to help us get a good buy in rayon clothing and household fabrics. It only remains for consumers to ask for goods bought to specification.

Edna Gray, clothing specialist, University of Illinois College of Agriculture, says retailers can now buy rayon merchandise according to quality and performance specifications that have been accepted by manufacturers. The use of these standards by retailers is entirely voluntary. But Miss Gray says homemakers can do much to encourage their use by producers and retailers. She suggests that you talk with your store manager, let him know you want information about the rayon materials you buy, and tell him you hope labels giving that information will be available soon.

There is no question but that the use of the new standards will be to the retailer's advantage. For the first time he will be able to tell Mrs. Homemaker exactly what performance to expect and how to care for the rayon merchandise in his store. This will enable his customer to determine which items most nearly meet her needs and also to buy more accurately and with more assurance that she will be satisfied with her purchases.

This will help speed sales and inform salespeople what they can say and claim for the fabrics. It will also cut down returns and build better customer relations.





Bright Future for Stainless Steel Tableware

Consider stainless steel if you're shopping for table implements, advises Kathryn Weesner, home furnishings specialist, University of Illinois. Stainless steel tableware, formerly considered primarily for institutional or restaurant use, is now coming into its own as a beautiful home table accessory, Miss Weesner says.

Many foreign designers, particularly from the Scandinavian countries and Italy, as well as some American designers are predicting a bright future for this comparatively new ware. The new designs are beautifully shaped and carefully crafted, lending the material a dignity and beauty formerly found only in more expensive metals. Many patterns also have a fine sense of balance. This type of eating utensil is in perfect taste, Miss Weesner says, and can be used with contemporary-style dishes and linens as well as with traditional table accessories.

Stainless steel has several distinct advantages: It is a hard material and is not likely to dent. It is extremely durable, and since the pieces are stainless steel throughout, there is nothing to wear off. Stainless steel requires no polishing and retains its finish permanently. It is obtainable in either dull or bright finish.

The two most common objections to tableware of this type are that it looks institutional and that it doesn't look like silver. New patterns and designs have overcome the first objection. When confronted with the second, Miss Weesner says, "Of course it doesn't look like



Bright Future for Stainless Steel Tableware - 2

silver. It isn't supposed to. It is a perfectly good looking material in its own right and shouldn't resemble anything else."

Prices for stainless steel tableware are about the same as for good-quality plated silver.

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Don't Burn the Onions

When adding onions to soups, casseroles or other dishes, it is a good practice to cook them first in a little fat, says Mrs. Pearl Janssen, foods specialist, University of Illinois. Fat is an excellent carrier of flavor. The flavor is better if onions are cooked only until yellow and are not allowed to become brown.

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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 17, 1952

## Wet Shoes Require Special Care

There's sloppy weather just ahead! Fern Carl, clothing specialist, University of Illinois College of Agriculture, cautions that wet weather is hard on shoes.

Keep your shoes dry if possible; but if they get wet, treat them gently, Miss Carl says. Wet leather is soft. It stretches out of shape easily, wears away rapidly and is easily cut by the stitching.

Wet shoes must be dried carefully. If the leather becomes hot, the shoe is almost sure to be ruined. When dried too fast at too high heat or without special care, shoes will shrink and become hard, tight and out of shape.

Miss Carl recommends this treatment for wet shoes: First, wipe off all mud and grit with a damp cloth. Then straighten the counter, vamp and toe, and stuff the shoe with crumpled tissue paper. This helps to hold it in shape and hastens drying. Set the shoes to dry in a place that is not too warm, and allow them to dry slowly.

"Never put wet shoes near a hot stove or radiator," Miss Carl warns, "and don't wear them until after they are thoroughly dry." It is a good plan to polish shoes once or twice as soon as they are dry. You may need to manipulate the leather with your hand to soften it after drying.

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Illinois Home Economics Association Announces High School Research Project

Urbana, Illinois--Illinois home economists have written a top-notch high school career research study into their program for the year ahead.

The project is designed to interest high school girls in home economics careers and promises to be the most extensive study of its kind undertaken to date. It marks another "first" for the Illinois association.

"We realize that high school girls are an independent lot. They want to search out information on their own," said Miss Helen McClanathan, president of the Illinois Home Economics association. "This project will give them an opportunity to investigate." To date 57 schools have enrolled.

High school girls will contact leading home economists personally and through correspondence. Special programs will be arranged for home economists to discuss opportunities with the girls and to explain the training that is required.

While more young women are entering home economics fields each year, the demand for home-economics-trained women still far exceeds the supply. Each field of home economics offers unusual opportunities.

The project is sponsored by the Illinois Home Economics association and the Illinois Chain Store Council and is to continue throughout the present school year. A handbook giving suggestions for action has been prepared, and records will be kept. Recognition will be given to schools and teachers doing outstanding work in the research project.





Beauty From the Vegetable Bin

Imagination is the key to clever winter table decorations, says Mrs. Dorothy Twardock, home furnishings specialist, University of Illinois College of Agriculture.

"Look about you with a creative eye," Mrs. Twardock suggests, "and you will find beauty of line and color in the fields and woods, in your own backyard and even in your vegetable bin."

Beautifully shaped branches, corn tassels and leaves, bearded grasses, seed pods, pinecones, buckeyes, hedgeapples and winter berries can all be found for the looking.

In the vegetable kingdom consider beet tops, feathery carrot greens and parsley, purple eggplant, red onions, white and yellow squash, turnips that shade from white to purple, carrots, variegated Indian corn, and emerald and white striped zucchini.

Besides the apple, banana, grape and more ordinary fruits, consider the pomegranate, the persimmon, the lime and the lemon.

As a base for this type of decoration, Mrs. Twardock suggests using a wicker basket, wooden board or bowl, pewter or pottery container or anything that is in keeping with the gay, informal feeling of your material.

A cabbage with the large, green, outside leaves still intact makes a good decorative base. Colorful vegetables and fruits can be arranged on the leaves. A crook-neck squash split lengthwise and scooped out or a golden pumpkin hollowed and overflowing with harvest bounty makes an attractive table centerpiece.

Because all fruits and vegetables have a certain amount of moisture, protect your table top by making your arrangements on a piece of glass, a board or a piece of aluminum foil, Mrs. Twardock advises.





for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY NOVEMBER 24, 1952

## Your Breakfast Affects Your Whole Day

Why limp along on a hasty, meager breakfast when it endangers your health and perhaps your job? When you skimp on breakfast, you are ignoring the most important meal of the day.

Scientific tests show that the breakfasts you eat have a direct bearing on your daily life. Good breakfasts make you more alert and "on the beam" in the morning, and you don't tire so easily. Yet two out of three Americans eat breakfasts that fail to meet their needs.

Dr. Marian Tolbert, nutrition specialist, University of Illinois College of Agriculture, says leading nutrition experts are pretty well agreed that breakfast should contain certain definite food elements, and it should supply between a quarter and a third of the day's protein and calories. Most people get a good supply of vitamins at breakfast.

The minimum breakfast for the average sedentary person ought to include fruit or fruit juice, hot or cold vitamin-enriched cereal with sugar and milk or cream, whole-grain or enriched white bread with butter, and a beverage. Milk or cocoa are needed to supply an adequate amount of protein.

Physically active men, women and teen-agers need meat or eggs for breakfast in addition to the minimum staples.



Rayon Standards Labels Help Buyer

Consumers will have a better chance to get their money's worth in rayon materials when recently adopted rayon standards are widely used. These standards have been approved by the required number of manufacturers in the industry, but their use is voluntary. Widespread use will undoubtedly be spurred on by consistent consumer demand.

Ask for information about rayon material when you buy it by the yard or buy garments made of it, urges Edna E. Gray, clothing specialist, University of Illinois College of Agriculture. Facts about certain minimum service conditions should be available to the consumer, Miss Gray says. Labels should tell, for example, whether a garment has a permanent color and finish, whether it can be safely washed at home or whether it should be dry cleaned.

Labels are being worked out, but are not yet ready for use. The standard requires a sewed-in label that will be lettered in different colors to indicate different kinds of color fastness. In this way the customer can judge whether or not the fabric is a satisfactory one for the garment in which it is used.

For example, it is important for color in a bathing suit to be sunfast, but this is not a necessary consideration in a dresscoat. Material that has been made fast to sun may be more expensive, and there is no need to add the cost to a garment where this particular attribute is not necessary.





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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 1, 1952

## Children Learn Safety Lessons From Parents

A doctor can immunize your child against a number of communicable diseases, but the parent must build up his immunization against accidents, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture. Accident immunization cannot be accomplished by one quick shot, Miss Brimhall adds, but must be developed over a period of years by education, vigilance, care and guidance.

Accidents cost more children's lives than any single disease. According to a recent survey by a national life insurance company, deaths among children under 5 years of age from all diseases have declined 70 percent in the past few years, but the accidental death rate has dropped only 23 percent.

Motor vehicle accidents, burns, drowning, falls and poisons are the most common causes of fatal injuries. Children's natural curiosity during the preschool years leads to a number of accidents, says Dr. George M. Wheatley, New York pediatrician, in a recently published article.

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## THEORY OF THE EARTH AND ITS HISTORY

### THEORY OF THE EARTH AND ITS HISTORY

The theory of the earth and its history is a branch of geology which deals with the origin and development of the earth and its various parts. It is a science which seeks to explain the processes which have shaped the earth and its features, and to determine the sequence of events which have taken place since the earth was first formed. The theory of the earth and its history is based on the study of the rocks and fossils which are found in the earth, and on the principles of geology which govern their formation and distribution. It is a science which is constantly developing, as new discoveries are made and new theories are proposed.

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Children Learn Safety - 2

"Recognition by parents that closer supervision is needed during this particularly inquisitive period in the child's development would go far toward reducing the tragic loss of young life," Dr. Wheatley said.

Here are some steps toward childhood accident prevention that parents can take, Miss Brimhall says:

See that the young child has adult supervision during outdoor play or that he plays in a fenced yard or playground.

Have a knowledge of first aid so that you can administer to the child in case of accident.

Keep poisonous household cleaners, such as lye, cleaning fluid and gasoline, and all medicines out of the child's reach.

Use special care when cooking; see that pot handles are turned in from the edge of the stove or table.

From the child's earliest years, let minor accidents teach him of the dangers in his everyday world.



Perfect Fudge For Christmas Giving

Homemade fudge, creamy, rich and delicious, is a welcome gift at Christmas time or a welcome holiday treat for your family and guests. To make fudge that is smooth in texture and is just the right consistency every time has been a problem with many home-makers.

Dr. Mary Fuqua, foods specialist, University of Illinois College of Agriculture, has suggested a formula for making good fudge. Try these proportions and directions for the best fudge you've ever made:

Chocolate Fudge

2½ ounces (2½ squares) chocolate	3 tablespoons corn sirup
1½ cups milk	3 tablespoons butter or margarine
3 cups sugar	¾ cup chopped nuts (optional)
few grains salt	

1. Combine chocolate and milk in a deep saucepan. Bring to boil with stirring.
2. After the chocolate has slightly thickened the milk, add the sugar, salt, corn sirup and butter.
3. Stir constantly until sugar dissolves (try not to get fudge mixture on sides of saucepan).
4. Place a candy thermometer in fudge mixture. Continue to boil, with occasional stirring, to 236° F. or 112° C.
5. Remove fudge from the stove, add vanilla, but do not stir.
6. Cool to lukewarm (110° F. or 45° C.). Beat until the mixture becomes soft and loses its shiny appearance.
7. Quickly stir in nuts--pour into a buttered pan or pyrex dish.





Perfect Fudge - add 1

There is a reason behind each step in the directions, Dr. Fuqua says, and it is necessary to follow them exactly to produce a perfect product. Corn sirup is used because it reduces the speed of crystallization during cooking and beating and makes a fine-textured creamy fudge. A deep saucepan is used to prevent fudge from boiling over. The mixture must be stirred until the sugar is thoroughly dissolved; otherwise the undissolved crystals form nuclei for larger crystals which cause a coarse, grainy fudge.

A cooking thermometer is the best guide to correct cooking time, but if you don't have one you may test the mixture by dropping a little in a glass of cold water. When the drop forms a soft ball, the mixture is done.

The fudge is stirred during cooking to prevent part of the mixture from settling in the bottom of the pan and scorching.

The most common error in fudge-making is beating before the mixture cools. Stirring the mixture before it has cooled causes larger crystals to be formed and the candy will be grainy.

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EJ:hi  
11/25/52



for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 8, 1952

## Children Don't Like to "Grow Into" Their Clothes

When you gift-shop for children's clothing, or make the garments at home, remember that good fit is as important to a child as it is to a grown-up. Clothing specialist Fern Carl, University of Illinois College of Agriculture, gives some ideas to help you in making your selections.

It is wise to allow for a small child's rapid growth, says Miss Carl, but be sure your allowance doesn't prevent good fit for the garment's present wearings. Try to get added length and fullness where it will be inconspicuous and part of the design. Look for such things as adjustable straps on overalls and skirts, easy fitting necklines and roomy armholes with no bands that would bind as the child's arms grow. Hems on little girl's dresses can be three to five inches wide.

Don't buy garments that are too large. Too often our attempts to buy clothing a child will "grow into" are just not practical, says Miss Carl. Garments that don't fit can make a child uncomfortable and unhappy.





Make Your Own White Christmas

A white Christmas with plenty of sparkle can be yours for a little time and effort. Beautiful and inexpensive Christmas decorations can be made from leaves, seed pods and branches gathered free of cost along any highway or country lane. Branches can be made into frosty centerpieces or mantle decorations; and bearded grasses, pine cones, hedge apples and others of nature's ornaments can take on the glitter and glamour of fairyland.

Gladys Daniels of the staff of the home economics department, University of Illinois College of Agriculture, recommends this method for frosting Christmas trees and decorations. You will need a can of white enamel, a one-inch paint brush, mica Christmas snowflakes and plenty of old newspapers.

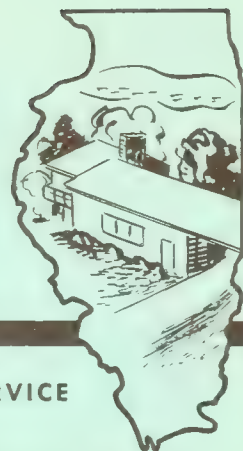
Spread the papers over a big area to guard against spattering and dripping paint. Beginning at the bottom of the branch and working toward the tips, paint the entire surface. While the paint is still wet, sprinkle generously with Christmas snow. A great deal of the snow will fall onto the papers, but you can gather it up and use it again. Apply as much paint and snow as possible to give sparkle. After the paint has dried, you can paste on silver, gold or colored sequins for a really dazzling effect. Tiny Christmas balls about an inch in diameter can be tied to the branches too.

A small tree, three or four feet high, either evergreen or deciduous, may be mounted on a wooden block and treated in this manner.



for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 15, 1952

## Don't Let New Appliances Burn You Up

During the holidays, strings of tree lights will add an extra load to electrical home wiring. Frank Andrew, specialist in agricultural engineering, University of Illinois, says the wattage on strings of tree lights varies from 60 to 80 watts per string. Don't fasten more than ten strings of such lights to one extension cord, because a load of 600-800 watts is all most extension cords should carry, says Andrew.

When Santa thrills homemakers with a new electrical gift, it sometimes happens that they plug it in and phff!! a fuse blows. If this happens to you, don't be tempted to replace the fuse with one of a larger size. You'll be inviting fires from overloaded circuits if you do.

Electrical lighting circuits in the average home are made to carry a load of 15 amperes. For all practical purposes, you can figure that 100 watts will use one ampere of current. (Actually, one ampere will carry 110 watts if you are figuring it closely.) So a bit more than 1500 watts will pass safely through a circuit carrying 15 amperes of current. When you have so many appliances turned on that you go over the limit, the little band of metal in the fuse melts, cutting off the circuit and serving as a warning to you that you are using too many appliances at one time.

Why not make an "electrical budget" to keep things under control? Figure up the total wattage of all lamps and appliances you are operating on any one circuit, and divide the total by 100, or 110. Then place a ceiling on the number of appliances you'll use at any one time so that you won't go over the 15-ampere limit.





Dos and Don'ts for Cooking Turkey

Turkey, perfectly roasted and attractively served, is a dish that is fit for a king any time of the year. To help you bring your holiday bird to the table with all its succulent flavor, Geraldine Acker, foods specialist, University of Illinois College of Agriculture, gives the following dos and don'ts for poultry cooking:

Do buy the right-sized bird for the number you're serving. Allow 1/2 to 3/4 pound of turkey, dressed weight, for each person.

Do stuff the bird lightly to allow for expansion of the dressing during roasting.

Do stuff just before cooking. If you want to make the stuffing the night before, store it separately.

Don't partially roast a large turkey one day and leave it out of the refrigerator overnight and finish cooking the next day. This will allow for the growth of harmful bacteria.

Do plan to cook the bird so that it can come out of the oven 30 to 40 minutes ahead of serving time. This will give you a little leeway in cooking time, will allow a few minutes to remove the skewers and string used for trussing and will give you time to make the gravy. Also, the bird will be easier to carve.

Do measure the ingredients for your gravy for a perfect result. Pour drippings and fat out of the roasting pan, and measure the exact amount needed. For each cup of gravy, allow two tablespoons of drippings and two tablespoons of flour. Cook flour and





Dos and Don'ts - add 1

fat together until bubbly, stirring constantly; add lukewarm liquid--broth, milk or water--and stir until thickened. Season to taste.

Don't prick the bird with a fork to see whether it's done. To test for doneness, move the drumstick with the fingers. When the joints break or move easily, the bird is cooked.

Don't let the turkey, dressing or gravy stand at room temperature for even a few hours. Refrigerate it immediately when the meal is over.

EJ:hi

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#### To Cut Buttonholes

A razor blade is better than scissors to cut a smooth, clean buttonhole. To protect the table surface beneath, place the section of the fabric being cut on a piece of board or an old magazine, says Fern Carl, clothing specialist, University of Illinois College of Agriculture.

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for weeklies

# Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 22, 1952

## Fabric Shoppers Will Welcome Chromspun

Colorfastness is one of the homemaker's first concerns when she buys fabrics for home furnishings. Soon she'll be finding Chromspun on the market. It is an Estron acetate fiber that is reportedly colorfast to sunlight, atmospheric fumes, perspiration, crocking, washing and dry cleaning fluids.

According to Florence King, textiles specialist, University of Illinois College of Agriculture, Chromspun is at present being woven into satins, taffetas, twills, failles, repps, stripes, jacquards and plaids, and is being sold in ready-made dresses, suits, blouses, separates, sportswear, rainwear, neckties and accessories.

Besides having qualities of color-fastness never before achieved by any other type of textile fiber, Chromspun does not rot or mildew.

Miss King says the fiber has actually been used for some time by the Navy for sailors' neckerchiefs. The sailors found that neckerchiefs made of black Chromspun would not crock off on white blouses in any kind of weather, nor would they bleed color when washed. The new thing, of importance to homemakers, is that the fiber is no longer limited to black but can now be produced in a wide range of colors.





Too Hot Water May Harm Fabrics

If water is too hot for your hands, the chances are it is too hot for washing clothes, says Florence King, clothing and textiles specialist, University of Illinois College of Agriculture. Water that is boiling hot is not as good a cleansing agent as water at a lower temperature, and furthermore too hot water is apt to damage some fabrics. Hot water may cook the dirt into the clothes rather than wash it out. Some stains, such as egg and lipstick, are set by water at high temperature.

Clothes should be washed in water not over 125 to 130 degrees Fahrenheit. At this temperature the water feels hot to the hands, but is not burning.

Woolens and many of the man-made fabrics should be washed in water of a lower temperature. Miss King suggests a temperature of not over 110 degrees for nylon, Orlon, Dacron, Acrilon, Dynel and Vicara.

If you have an automatic washer, test the temperature of the water before putting the clothes in, Miss King advises. Don't just turn the indicator to "Hot" and toss the clothes into a steam bath. Some water heaters maintain a water temperature that is much too hot for the most efficient washing.

When you need to boil or scald clothes to disinfect them, wash them first, Miss King says.



for weeklies

# Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



Merry Christmas



Family Account Books Available

Four thousand Illinois farm and town families find it to their advantage to keep a record of their spending. That's the approximate number of account-keeping books and wall charts sold each year by the University of Illinois Home Economics Extension Service.

Any person wishing help in starting his family account records is welcome to call at the office of his county home adviser. She will help with special problems, Illinois farm families who keep accounts in the "Family Accounts Book" for a year may have their spending analyzed and receive an individual report from the department of home economics at the University. Young couples living in town but married less than ten years, also have the privilege of having their books analyzed.

Another type of account-keeping tool available from the University is the "Wall Record of Spending and Saving," a handy set of wall cards. You can tack the cards on your wall or inside a kitchen cupboard where it is easy to jot down your daily cash spending.

You'll also want the leaflet, "Our Family Money Management Plan" that is available without charge. You'll use it as a guide for making future spending and savings plans.

Ask your home adviser for the record book or wall record cards, or secure them from the University of Illinois College of Agriculture, Urbana. There is a charge of 25 cents for the Family Accounts Book to Illinois families; to out-of-state families the charge is 35 cents. The Wall Record is fifteen cents.





New Look For Blankets

Blankets have a "new look" this year, with the manufacturers vying with each other to give the homemaker warmth, beauty and ease of care. Man-made fibers are being used in blankets, but remember, says Florence King, clothing and textiles specialist, University of Illinois College of Agriculture, that unless the amount of nylon, Dacron, Dynel, Orlon or Acrilon is at least 15 percent of the blend, the good qualities of the new fibers will not be transferred to the blanket. For example, a blanket that has as little as 5 or 10 percent nylon in it will wear and wash just about like a 100 percent wool blanket. The nylon may add a little strength to the fibers, but the difference will not be appreciable.

Moths will not eat the man-made fibers, but if these fibers are combined with wool, the moths will attack unless proper precautions are taken. There is a saying that the moths stand on the nylon to eat the wool, and while this may not be factual, it is certainly true that these pests will gobble wool whether there are other fibers with it or not.

There are blankets on the market made entirely of man-made fibers, such as Acrilon, Dynel or Orlon. These are warm, light in weight, and have a thick nap. Among the features of blankets of this type is the fact that they are shrinkproof, durable, mildew and moth-proof. Labels on some of these guarantee them against loss of weight, and loss of strength and texture in washing.



Blankets - add 1

Miss King has the following suggestions to guide you in the purchase of blankets:

The warmth of the blanket is not a matter of weight, but of the depth of the nap. In fact a good blanket is not heavy. It retards the escape of body heat and keeps out the cold by means of insulating air cells held in the nap.

Examine the bindings carefully to see if they are of closely woven material. Bindings should be eased slightly to allow for shrinkage.

A good blanket will not shed and the nap will not rub up when brushed lightly with the hand.

As for the size, it should be a good six inches longer than the mattress to allow for tucking in.

Read the label carefully to see what the manufacturer's guarantees are. Save the label for later reference.

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